

Saskatoon Health Region – Forever... *in motion*
Physical Activity and Healthy Eating
Resource Guide

Acknowledgements

The contributions made to this resource guide were made possible through the efforts of Therapeutic Recreation, Older Adult Community, in motion, ADAPT, Older Adult Wellness, Public Health Services of the Saskatoon Health Region and its partners including the Council on Aging.

Partners

Saskatoon Health Region

City of Saskatoon (Community Services Department)

University of Saskatchewan (College of Kinesiology)

Saskatoon Council on Aging

Therapeutic Recreation Services



Introduction to... Physical Activity and Healthy Eating Resource Guide for Older Adults



Welcome to the **Forever...in motion** Physical Activity and Healthy Eating Rural Resource Guide for Older Adults. This guide is a reference for local physical activity programs to get you “in motion”.

Saskatoon Health Region’s **in motion**, Public Health Services – Older Adult Wellness Program and the Saskatoon Council on Aging have worked together to produce this guide. It is our hope that you will use it to find enjoyable activities in our community; activities that will meet your needs to improve your health and wellbeing in all areas of your life. This edition of the guide has been revised with permission for use by participants in the ADAPT program who live in rural Saskatchewan.

Regular physical activity is good for everybody!

No endorsement is made nor intended for any of the entries, nor are the listings necessarily comprehensive. Every effort has been made to ensure their accuracy as of May 2012.

In motion is a health promotion strategy led by the Saskatoon Health Region with a focus on physical activity. Our vision is that all citizens of Saskatoon and region will include regular physical activity into their daily lives for health benefits. The Older Adult Initiative was established to improve the health of older adults (50 years and over) through physical activity and healthy eating. As one component of this initiative, the **Forever...in motion** program was implemented in the spring of 2002 as a pilot project in eight congregate housing facilities. This program has continued to expand and now is implemented in many congregate housing facilities, churches, condominiums, community centers, seniors clubs and organizations in the Saskatoon Health Region. If you are interested in becoming a volunteer leader for a **Forever...in motion** program or would like to partner with **in motion** we can assist you in starting up or enhancing your physical activity programs.

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Older Adult Wellness – Public Health Services promotes the optimal health and independence of older persons in the Saskatoon Health Region. Health education presentations promote healthy lifestyle choices on a variety of topics of importance to older adults. Older Adult Wellness staff work together with community members and agencies on projects to enhance the quality of life, health, social support and independence for older persons and family caregivers.

Contact information:
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Westwinds Primary Health Centre
3311 Fairlight Drive
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Saskatoon Council On Aging Inc.

Address: 301, 506-25th Street East, Saskatoon, SK, S7K 4A7

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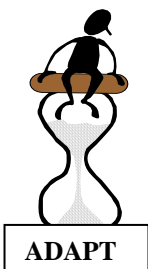
Area of Saskatoon: City Park – Area 3

Hours of Operation: Monday-Friday: 8:30am-4:30pm (closed over noon hour)

Details:

- Community based organization dedicated to the promotion of dignity, health and independence of older adults through services, programs, education, and advocacy
- Resource Information Centre, lifelong learning programs
- Blood Pressure Clinic first Tuesday of each month from 9:00am-3:00pm
- Coming of Age' publication distributed 3 times/year
- Spotlight on Seniors Fair, autumn event (booths, entertainment, prizes)
- Drop-in program for older adults the third Wednesday of each month

Fees: No Membership Fees



ADAPT (Arthritis, Diet, Activity, Pain and Therapy) is a multidisciplinary initiative of health care professionals in the Saskatoon Health Region to give support and information to patients waiting for joint replacement surgery. The aim of the program is to improve physical health (through diet and exercise), well being (through pain control and improved function with or without aids) and mental health (with increased positive outlook and decreased anxiety) of participants as they wait for surgery.

For further information contact the ADAPT program at **(306) 655-7916**.

Table of Contents

Physical Activity

Canada’s Physical Activity Guide for Older Adults	6
Promote Your Health Through Physical Activity.....	7
Benefits of Physical Activity.....	7
General Guidelines for Safe Exercise.....	8
Safety Guide.....	10
Types of Exercise Important for Improving Health and Ability.....	11
Tips for Becoming More Physically Active.....	15
Things to Consider When Choosing a Fitness Facility.....	17
Circuit Training.....	17
Top Physical Activities in Canada.....	18
Walking.....	18
Warm up Stretches.....	21
Gardening.....	25
Container Gardening.....	26
Exercising at Home.....	28
Purchasing Home Exercise Equipment.....	28
Using Home Exercise Equipment and Videos.....	29
Pedometers.....	29
Resistance Bands.....	30
Weights.....	30
Home Exercise Videos.....	31
Trekking/Nordic Poles.....	32
Nintendo Wii.....	33
Goal Setting	35
Physical Activity Log.....	36
Falls Prevention.....	37
How Can You Prevent a Fall?.....	38
Self-assessment Checklist for Falls.....	39
Home Safety Checklist.....	40
Before you Begin.....	42
Staying on Your Feet – Home Exercise Program.....	44
Chronic Conditions and Physical Activity.....	51
Arthritis Society - Top 10 Exercises.....	52
How to	54
Start a Walking Group.....	54
Start a Collective or Community Kitchen.....	57
Start a Community Garden	61
Great Ideas to Become More Physically Active With Your Community.....	63

Healthy Eating

Canada's Food Guide.....	64
Healthy Eating Checklist.....	65
Benefits of Eating Well.....	66
Eating well with Canada's Food Guide	66
Vitamin D Supplements.....	68
Beverages.....	68
Planning Meals.....	69
Cooking for One or Two People: Easy Meals to Make.....	71
Cooking for One or Two People: Your Emergency Food Shelf.....	73
Making Meal Time Special.....	74
Useful Cookbooks.....	74
Key Nutrients to Eating Well.....	76
Eating Well Tracker for Females 51 and over.....	77
Eating Well Tracker for Males 51 and over.....	78
Resources.....	79
(a listing of community programs, workshops, websites for you to check out so you can start living a healthier life today!)	
Physical Activity.....	79
Healthy Eating.....	132
Chronic Conditions.....	135
General Health and Wellness.....	138
Other(Computers, Transportation Discounts, Grants for Older Adults)..	144



Find out about the programs available in your community through the senior's centre, recreation director or town office, public health nurse or wellness center. They are great resources to find activities in your community.

Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

Guidelines



To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.

Let's Talk Intensity!

Moderate-intensity physical activities will cause older adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bicycling

Vigorous-intensity physical activities will cause older adults to sweat and be 'out of breath'. Activities like:

- Cross-country skiing
- Swimming

Being active for at least 150 minutes per week can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease) and,
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better

Pick a time. Pick a place. Make a plan and move more!

- Join a community urban poling or mall walking group.
- Go for a brisk walk around the block after lunch.
- Take a dance class in the afternoon.
- Train for and participate in a run or walk for charity!
- Take up a favourite sport again.
- Be active with the family! Plan to have "active reunions".
- Go for a nature hike on the weekend.
- Take the dog for a walk after dinner.

**Now is the time. Walk, run,
or wheel, and embrace life.**



Promote Your Health Through Physical Activity

“If exercise could be packaged into a pill, it would be the single most widely prescribed and beneficial medicine in the nation.”

Robert N. Butler, M.D., Former Director, National Institute on Aging

Benefits of Physical Activity

- Live independently longer
- Weight maintenance
- Reduced cholesterol
- Move with fewer aches and pains
- More energy
- Better quality of sleep
- Improved flexibility
- Improved fitness
- Stronger muscles, bones and joints
- Improved alertness and reaction time
- Better ability to fight off colds and other illness
- Improved posture and balance
- Improved self-esteem
- Improved mental health
- Improved relaxation
- Meet new people
- Have fun
- Improved life satisfaction and well-being
- Feel better
- Reduced stress



Regular physical activity can reduce the risk of:

- Breast Cancer
- Type II Diabetes
- Premature Death
- Obesity
- Depression
- Kidney failure
- Alzheimer's disease
- Falls and injury
- Colon Cancer
- Lung Cancer
- Heart Disease
- High Blood Pressure
- Osteoporosis
- Stroke
- Anxiety

Physical activity can also improve mental health because:

- Physical activity is often done with others, and it can increase social activity and interaction.
- Connections to people in your community can improve as you increase your participation in groups.
- As little as 10–15 minutes of exercise can improve mood and decrease anxiety.
- It helps to manage and protect against stress.
- It improves self-confidence.
- Being in better shape improves the efficiency of the cardiovascular system (your heart and blood vessels) so when you get stressed or feel anxious, your body responds much better.

General Guidelines for Safe Exercise

The following are suggestions to help you get the most from your favorite physical activities. Here are some general guidelines. **Check with your doctor before beginning a new physical activity program.**



- **Always warm-up**
Spend 5-10 minutes preparing your heart and muscles for action. Start out slowly and gradually increase the intensity of the activity.

- **Wear comfortable clothing**
Wear loose, comfortable clothing. Shoes should fit well, provide support and have a non-slip sole. Dress in layers so you can remove or add items as you warm-up or cool-down.

- **Avoid temperature extremes**
Exercise in a comfortable place where there is enough space and good ventilation. Mall walking and indoor tracks are a good choice during cold winter months and hot summer days.

- **Eat moderately**
Eat moderately if you plan to exercise within the next two hours. Never exercise vigorously after a full meal.

- **Stay hydrated**
Drink plenty of fluids before, during and after your activity. Drinking enough water is especially important because with age, the body is less able to regulate its temperature, thereby putting you at increased risk of a heat-related illness. Age also affects the body's ability to stay hydrated during exercise and the ability to recognize when it needs more water.

- **Safety first**
Be aware of fall risks on your route or in your activity area. For example, uneven sidewalks or speed bumps. Be cautious when walking at dusk or in the dark.

- **Protect your joints**
Try not to lock your joints during any exercise movement. It is best to keep all joints slightly bent during each move, and make your moves smooth and controlled.

➤ **Work and rest**

Do not exercise continuously for long periods. It is better to begin with short workouts followed by rest intervals.

➤ **Talk test**

Test your level of exertion by doing the “Talk Test” - talk to your exercise partner or if alone, sing or recite poetry. Slow down if you are unable to catch your breath when talking. Your doctor may recommend that you check your pulse a few times during exercise and suggest a target heart rate.

➤ **Maintain breathing**

Sometimes people tend to hold their breath when they are doing a strenuous activity. It is important to remember to continue taking slow, deep breaths. If not, you could become dizzy, cause damage to blood vessels, or increase your blood pressure.

➤ **Always cool down**

Your body must adjust from exercise to rest. Never sit down or lie down immediately after vigorous activity. Stopping abruptly can cause dizziness. Instead, walk slowly for 5-10 minutes and stretch.

➤ **Listen to your body**

Watch for signs or symptoms that you are overdoing it, such as:

- Pain or pressure in your chest, neck, shoulder or arm during or just after activity
- Sudden dizziness, lightheadedness or fainting
- Shortness of breath that prevents conversation during your activity
- Cold sweat or nausea
- Palpitations, fluttering or any other irregular heart beat
- Feeling very tired immediately after activity
- **If you notice any of these signs stop and rest immediately! If symptoms persist for longer than 10 minutes, consider your symptoms a medical emergency.**
- **Call 9-1-1**



Safety Guide



When you are walking on any road remember to use the crosswalks and be aware of the traffic around you. It is important to be as safe as possible when participating in outdoor activities.

➤ **Be aware**

It is important to wear reflective clothing in order for motorists to spot you. Also, if you are wearing headphones to listen to music, make sure you can still hear someone coming down the road behind you.

➤ **Be prepared**

If you plan to walk a long way, consider carrying a bag with a lightweight folding chair or stool, water bottle, snacks, cell phone, flashlight, whistle or anything else that may come in handy along the way. Before you leave, tell someone what route you are taking or leave a note for them.

➤ **Footwear**

Consider buying shoe or boot grips. There are grips for better traction on ice and snow. They can be purchased at your local sporting goods or department store. **Always remember to remove the shoe or boot grips when indoors.** Try using men's toe rubbers or curling grippers over your shoes as other options.

➤ **Dress for the weather**

Make sure you are wearing layers. If you get too warm, you can always take something off. Make sure to wear sunscreen in both summer and winter.

➤ **In the winter**

Keep your ears, head and fingers covered to avoid frostbite. Choose cotton or wool socks to allow your feet to breathe. Don't be afraid to go outside in the winter because of the cold, just dress warm and stay active! The fresh air and activity will make you feel good and it will be worth the effort.

➤ **In the summer**

Protect yourself from insects and West Nile Virus by wearing long sleeves and mosquito repellent. Wear a hat and be sure to bring a water bottle and extra sunscreen along. Try to plan a route where you can find shade if needed.

➤ **Walking poles**

Try using walking poles any time of the year. Using walking poles combines the aerobic and strength-building benefits of cross-country skiing with walking, and also provides you with more stability. You can buy walking poles from sporting goods stores, use old ski poles or even two large sticks!

Types of Exercises Important for Improving Health and Ability

An exercise class will generally have 3 components: flexibility, strength/balance and endurance. It is possible to do exercises in these categories on your own. It may be good to start with flexibility exercises and add the other components as you progress. For example, someone with arthritis can do 15 minutes of continuous range of motion or flexibility exercises, then add strengthening, balance and endurance exercises to your routine when you feel you are able to do so.

Flexibility Exercises

What are they?

- Range of motion exercises are the easiest level of flexibility exercises. Range of motion is the normal distance your joint can move in each direction. To do these exercises you need to stretch and move all of your joints and muscles in their full range of motion.

Benefits:

- You will be able to move and do day-to-day activities such as dressing, bathing, and driving more easily.

How to start:

- Move all of your joints and muscles each day from your neck down to your toes.
- Do each movement smoothly, 3-10 times each, holding for 30-60 seconds each.
- Stretch until you feel mild discomfort in your muscle.
- To keep or improve your flexibility, do stretching exercises after your endurance or strength exercises.
- If you can't do endurance or strength exercises, do stretching exercises 3 times a week for 20 minutes.

Safety tips:

- Always warm-up your muscles before stretching by easy walking or arm-pumping.
- Mild discomfort is normal but exercises should never cause pain, especially joint pain.
- Always use slow, steady movements. Do not bounce in the stretch.

Activities that will help:

Stretching
Gardening
Washing the car
Yoga/Tai Chi
Bowling



Strength and Balance Activities

What are they?

There is a lot of overlap between strength and balance activities, and often you can do one exercise to improve both. In all exercise programs, whether in the water (an aquafitness class) or on land, (a Tai Chi or a gentle exercise program) you will be doing balance and strength exercises as a part of the routine.



- To do most strength exercises you will need to lift or push light weights or use your own body weight.
- To improve strength you can use hand or ankle weights, or resistance bands sold in a sports department or fitness store. A simple and cost effective alternative would be to use jugs filled with water, soup cans or socks filled with beans and tied shut at the end.
- See the section on resistance bands and weights (pg. 30) for more information on purchasing or making equipment that works for you.

Benefits:

- Improve your ability to get up from a chair, out of the bathtub, or carry groceries.
- Increases your ability to remain independent.
- Keep muscles and bones strong and improve posture.
- Less likely to fall or to have accidents that cause injuries.
- Build strength and improve balance.

How to start:

- Start out with a weight that is challenging for you to lift about 10 times, but no more. This may be 1-2 pounds. In other words, it should be difficult for you to perform 10 repetitions with this weight.
- Once you can lift the weight easily 15 times in a row, then it's time to choose a heavier weight.
- You should be able to lift the new weight only 10 times, no more. Once you can lift this weight easily 15 times in a row, it's time to increase the resistance again.
- Your physical activity goal should be to do these types of activities at least twice a week.

Safety Tips

For strength exercises:

- Do not attempt to add weights to your workout until you feel completely comfortable that you are doing the exercise correctly.
- Do all repetitions slowly and concentrate on using proper technique and posture.
- When you are done with your weights, put them in a container or tuck them under a chair or in some other spot that is out of the way.
- Remember to breathe through the exercises. You do not want to hold your breath as it can affect your blood pressure.
- Breathe out as you lift or push the weight, breathe in as you lower the weight.
- Use slow, smooth and controlled movements to move the weights. Lifting quickly uses momentum more than your muscles and does not help you build muscle. Take 3 seconds to lift or push the weight, hold that position for 1 second, and take another 3 seconds to lower the weight.
- Do not use jerking or thrusting movements.
- Do not lock joints in your arms or legs.
- Slight muscle soreness and fatigue may last a few days, but exhaustion, sore joints or painful muscle pulls are not normal.

For balance exercises:

- To practice your balance exercises, place your back into a corner of a wall, with a table or chair in front of you, and hold onto the chair if you are very unsteady.
- As you feel more secure try to hold onto the chair with only one fingertip.
- Next, try to do balance exercises without holding on at all.
- Move to doing the exercises with no hands and your eyes closed. But, have someone close by if you are unsteady.

Activities that can help:

Carry the laundry

Lift weights or soup cans

Climb stairs

Wall push-ups

Pile wood

Golfing

Vacuuming

Tai Chi

Aqua fitness

Dancing



Endurance Exercises

What are they?

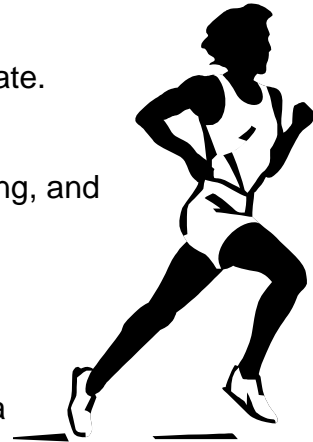
- Physical activities that increase your breathing and heart rate.

Benefits:

- Increased energy to keep moving for longer periods.
- Helps to do daily activities, such as climbing stairs, shopping, and cleaning your home.
- Good for your heart, lungs, circulation and muscles.

How to start:

- If you are able, you can do 30 minutes of activity in one session. Activities such as an exercise class or going for a walk are great options. If you do these activities most days of the week, you are reaching your physical activity goal.
- If you are too busy or unable to do 30 minutes of exercise at one time, try breaking your exercise into three 10 minute sessions.
- If you have been inactive you might need to start with 5 minutes at a time.
- Be persistent. Add on one minute of activity to your 5 minutes until you reach 10 minutes of activity at a time.
- Once you can do 10 minutes of activity start to work on doing a second session of 10 minutes of activity, at a different time of day.
- The goal is to be able to do a 10 minute session of activity at three different times in one day. For example, take a walk in the morning, do some yard work in the afternoon, and go on another walk in the evening.
- Three 10 minute sessions of activity will add up to 30 minutes in one day, which should happen on most days of the week. The health benefits are the same as a single 30 minute session.

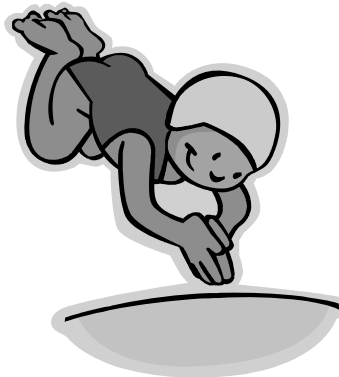


Safety tips:

- Do not exercise so hard that you are short of breath, dizzy or have chest pain.
- Stretch after exercising, when your muscles are warm.
- Drink water before, during and after activity.
- Dress for the heat or cold of the day.
- Wear comfortable footwear that supports your feet and ankles and boots that grip well on snow and ice in winter.

Activities that can help:

Walking	Raking
Hiking	Jogging
Cycling	Aqua fitness
Dancing	





Tips for Becoming More Physically Active

Being physically active means fitting more activity into your life. Walk to the store instead of taking your car. Use the stairs rather than the elevator, or do some garden work. Doing these simple activities adds up. Once you start, you may even find that you crave more activity, so go for a brisk walk or participate in a class. Here are some tips to help you start and stay being physically active:

➤ **Check up first**

If you have any health concerns, see your doctor before starting or increasing your level of physical activity. For example, if you have arthritis, your doctor may tell you if there are any exercises or activities you should not do.

➤ **Consider: Why do you want to improve?**

You don't need to wait for a crisis to happen to you. Think about making change before that happens. Know the benefits of physical activity and how they can improve your own life. Also, be aware of your own habits and what you would like to change about your lifestyle.

➤ **Plan ahead**

Pick a time of day that is best for you- morning, afternoon or evening, it really doesn't matter. Experiment and find a time of day and a routine that works. Write the time onto your calendar as you are more likely to remember and be committed to be active. Make physical activity a priority just as you do with your doctor or dentist appointments.

➤ **Your routine should be regular, but simple**

Do some bending and stretching throughout the day. Put some "gusto" into your chores in and around the house. Leave the car at home. Walk for short trips, or walk one way and take the bus for the return trip. Choose active hobbies to do with your family.

➤ **Make haste slowly**

When starting a routine, focus on regular participation and fun. Don't rush through the activity...remember it is for your recreation and pleasure.

➤ **Keep the costs down**

Costs of an activity include the time needed to participate and expenses for registration, equipment and transportation. If time is a cost, look for activities that are convenient, and easy to do. Walking is a good activity because you can get started right from your front door. In poor weather, walk in your local mall or community center. Look for activities that require little or no equipment and special facilities, and ones that are close to home. Start slowly and do gentle activities to avoid injuries. Riding a stationary bike, swimming and walking are all gentle activities. Start slowly with a good warm-up before the activity, build up gradually and end with a cool down.

- **Look for “the lift”**
People who are physically active often say that after they have gone for a walk or taken a class they feel refreshed, relaxed and more energetic. They also feel happier and less tense.
- **Don’t get down on yourself**
When you miss a session, don’t feel as though you have failed. It is natural to miss once in a while. If you have been more tired than usual or are not feeling well, it might be better to take the day off. When you do miss a session, start planning how to get active again. Keep focused on the positive reasons for being active.
- **Be positive**
If you find it difficult to be active, try to identify the barrier (or problem) that is preventing you from being active. Positive thinking is the first step to overcoming the barrier. Problem solving also requires a good dose of patience, persistence and creativity. You may also find it helpful to talk to a friend for ideas.
- **Find an exercise buddy**
Being active with a friend will encourage you to get out when you are not feeling very motivated.
- **Decide what works for you**
Experiment with different activities. Eventually, decide what works for your lifestyle and stick with it.
- **Have fun!**
Do activities that have been or are fun and of interest. Make a list of your favorite activities and be sure to include some for each season. Think about the reasons why you want to be active, such as for enjoyment, relaxation, or friendship. Walking, gardening, golfing or going to an exercise class are all great activities. Find an activity that meets your needs and that you will have fun doing.
- **Everyday tips**
Take the stairs instead of the elevator or escalator.
March in place when you are on the phone.
Stop using the remote control.
Stand up and sit down several times in a row to strengthen your legs.

Things to Consider When Choosing a Fitness Facility

There are many privately and publicly run fitness facilities. Here are some things to ask when choosing a facility:

- Does the facility offer a tour, a trial membership or an orientation?
- Do the programs and equipment suit your needs?
- Is it close to your home or work?
- Does the cost of fees fit into your budget?
- Are the hours and program times flexible?
- Is the atmosphere comfortable (ex. music type and level)?
- Is the parking lot and sidewalk accessible, level, smooth, safe and well lit?
- Are there automatic doors at the entrance?
- Is the equipment well maintained?
- Is the floor clean, well kept, and uncluttered?
- Is there a stretching area available?
- Are locker rooms clean, accessible and monitored?
- Does the facility have a portable defibrillator?
- Is staff professionally certified and do they understand your limitations?
- Does the staff help create goals and make a fitness plan to meet your personal needs?
- Is staff available to offer ongoing assistance?
- Are staff polite, friendly and caring?
- Do they possess CPR and first aid training?



Circuit Training

Strength and cardio exercises are completed one right after the other, with little or no rest in between. You'll do each exercise for a specified amount of time (or as long as you can safely do so) and then move on to the next exercise. Once you complete all exercises, you have done one circuit. Make sure you warm up with 5-10 minutes of light cardio and cool down with a relaxed walk and stretch. Benefits of circuit training are:

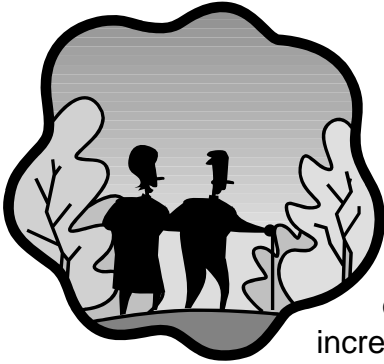
- Good for beginners and general fitness.
- Uses a variety of stations that are timed or a certain number of each exercise must be performed.
- Uses both equipment to improve muscle strength and exercises for cardiovascular fitness.
- Start out slow, go at your own pace and take rests in between.



Top Physical Activities in Canada

Walking is Canada's number one favored activity; followed by gardening, home exercises, social dancing, swimming and bicycling. Walking, gardening and home exercises are popular choices because they fit easily into our day-to-day activity, are unstructured, low-cost and can fit most schedules.

Walking



Walking is the number one activity among older women. It's convenient and doesn't require special equipment. Walking as a form of physical activity is associated with regulating blood pressure, improving cholesterol levels, managing diabetes and achieving a healthy body weight. It is a natural movement that is virtually injury-free. It can strengthen bones and help prevent or control osteoporosis. Walking refreshes the mind, reduces fatigue and increases energy and can relieve stress or tension.

➤ **Considerations for specific health conditions**

People who have diabetes with peripheral neuropathy (nerve damage) and foot problems may need special shoes. Individuals with heart disease might be advised to progress more slowly than others. Women with advanced osteoporosis may be putting themselves at risk of a fall by brisk walking.

➤ **Dress**

Wear loose, comfortable clothing made of soft fabrics such as cotton, wool or breathable nylon. In cold weather, be aware of the wind chill factor. Dress in layers so you can peel off or put on depending on how warm you feel.

➤ **Buy walking shoes**

Choose shoes that have flexible, non-slip soles, good arch support, and good heel padding. Shop for shoes at the end of the day when your feet are larger than when you first wake up. There are a number of retail stores that sell walking shoes with sales people who can help you find the proper fit. In the winter, consider wearing grips on your shoes and boots when outside.

➤ **Safety and falls prevention**

Check out your walking route for level pathways and sidewalks that are free of ice in the winter, low traffic and available crosswalks. Be sure it is well lit, with other people around. If the area is secluded, carry a cell phone in case of emergency.

➤ **Go indoors when it is cold, icy or hot**

Many local malls open their doors early in the morning for walkers. Check out the mall in your neighborhood. Other free options for walking include checking if your local school would allow you to walk their hallways, a town hall or recreation center. Also, if you live in an apartment or larger building, you may be able to walk those hallways.

➤ **Use good form**

Try to walk with your chin up, shoulders slightly back, and toes pointed forward. When you take a step you should land with your heel first, then roll on the ball of your foot to your toes. Bend your elbows and swing or pump your arms at your sides as you walk. Try not to clench your fists. Keep your eyes on the path ahead.



➤ **Walk longer each week**

Start off slowly, and gradually increase your walking time over several months. Add only 1 minute a week if this means you will be successful. Eventually you want to be able to walk 30 minutes or for three 10 minute sessions on most days of the week. Health benefits really start to add up at this level.

➤ **Choose a flexible but regular schedule**

Choose some convenient times and try to stick with walking during those times of the day. If you miss a few days, try to get back on track and keep walking.

➤ **Do the talk test**

You should walk at a pace where you can carry on a normal conversation. But, if you can sing an opera you need to increase your speed a bit.

➤ **Try using a pedometer**

A pedometer is a small device that can be hooked onto your belt or waistline that counts the number of steps you take. They can be purchased through the **Forever...in motion** department call 655-8140 and most stores that sell fitness equipment. You may try loaning one from your local library if they have a lending program. See the goal setting section about using a pedometer to make a plan of your own.

➤ **Keep motivated**

Even if you are not using a pedometer, set goals and keep track in a record book or Physical Activity Log. The record book might include the days you walked each week and for how long. Other information to write down might be improvements you have in your health, like blood pressure, blood sugar or energy levels.

➤ **Walk with someone else**

Walk with your spouse, another family member, friend or dog to motivate you and keep you company. Consider forming a neighborhood walking group (see page 52).

➤ **Everyday tips**

Instead of meeting friends for coffee, suggest a walk.

Park your car further away from the building or get off the bus one stop earlier and walk the rest of the way.

Add variety to your route by taking a different path on some days.

➤ **Start and stop slowly**

Start and end your walk with 5 minutes at a slower pace and do some stretches to warm-up and cool down.

➤ **Rural walking**

- Go for a walk outside with the dog, on a trail, or down the road to the neighbours' place and back.
- Find some snowshoes and go exploring.
- Inside, walk at the gym or track in the school, the mall or around the indoor hockey rink.
- Dig out that old treadmill or exercise bike and set it in front of the television to watch the hockey game.
- If you work in town, walk during your lunch break.
- Walk when checking on the cows or going to the neighbours' place for coffee.

Check out the following stretches that you can use before you start!



Stretching Snacks

The following stretches can be used with many of the activities within this resource. Continue to add to this list to build up your library of stretches:



1. Side Neck Stretch

With shoulders relaxed, gently tilt your head towards your shoulder. Assist stretch with a gentle pull on the side of the head.



2. Triceps Stretch

Reach hand behind head as if to scratch your back. Grasp your elbow and gently push downwards.



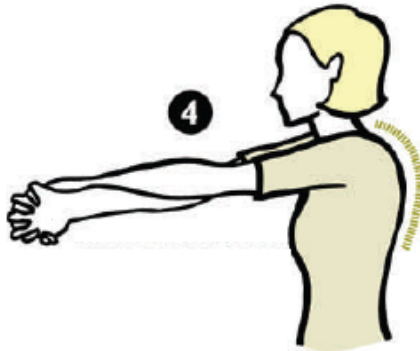
3. Shoulder Stretch

Reach your left arm across your body and hold it straight. With the right hand grasp the left elbow and pull it across the body towards the chest.

Stretching pictures courtesy of City of Saskatoon, Smart Start Program

Physical Activity...DO IT for Life!

Stretching Snacks...continued



4. Upper back stretch

Clasp fingers together with thumbs pointing down, round your shoulders as you reach your hands forward.



5. Chest stretch

Place bent arm against wall or doorway as shown. Slowly lean forward until a stretch is felt in the chest region.



6. Low back stretch

Lie on your back with knees bent. Slowly pull knees up to the chest until you feel a gentle stretch in the lower back.

Stretching pictures courtesy of City of Saskatoon, Smart Start Program

Stretching Snacks...continued



7. Glute stretch

Lying on your back. Cross legs placing one ankle on the opposite knee as shown. Use the flexed leg to push the crossed leg back until you feel a stretch in the buttocks.



8. Butterfly stretch

Sit tall with the soles of your feet together. Allow your knees to ease down towards the floor until you feel a stretch along the groin region.

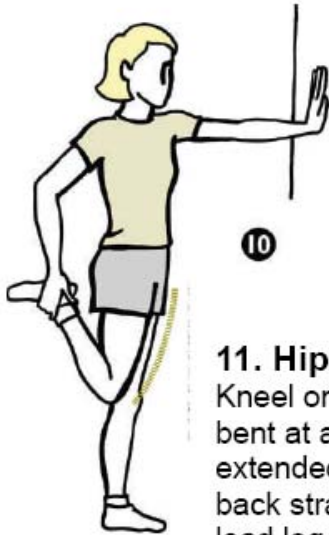


9. Hamstring Stretch

Lying flat on the floor with knees flexed to 90 degrees and back flat on the floor. Slowly raise and straighten one leg, grasping it loosely behind the thigh with both hands.

Stretching pictures courtesy of City of Saskatoon, Smart Start Program

Stretching Snacks...continued



10

10. Standing Quadriceps Stretch

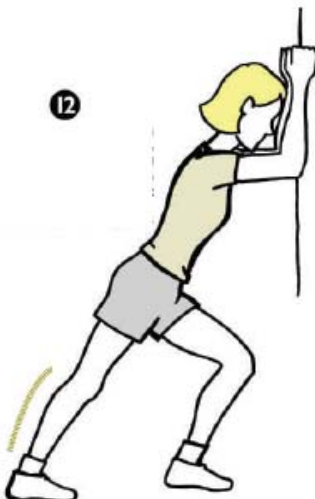
Stand with one hand on the wall for balance. Bring foot up to hand and grasp the ankle, gently pull up until stretch is felt. Keep knees side by side.

11. Hip Flexor Stretch

Kneel on floor with front knee bent at and back leg extended as shown. Keeping back straight slowly bend the lead leg until a stretch is felt. Do not lean forward or bend the lead leg more than 90 degrees.



11



12

12. Calf stretch

Standing 3-4 feet from wall with feet in the position shown and perpendicular to the wall. Lean against forearms, maintaining a straight line through the spine and back heel pressed to the ground.

Stretching pictures courtesy of City of Saskatoon, Smart Start Program

Gardening

Gardening is a popular and rewarding activity for all age groups. It is also an excellent way to be more physically active in the summer months. However, it is important to use good body mechanics when doing this activity so you don't strain your muscles, joints or heart. Here are some tips to get you in the garden patch. One neat website to check out is: <http://www.canadiangardening.com/gardens>
www.chep.org/cg/index.html



➤ **Set priorities and plan**

Before setting out in the garden it is important to give some thought not only to what you want to plant, but also how you can organize your tasks to save energy. The following hints may help you save your energy so you are less tired at the end of the day:

- Schedule your activities to get a balance of rest, light and heavier activity.
- Prioritize your "to do" list with urgent items then important jobs to follow. Allow time for interruptions, mistakes, or distractions.
- Plan your activities to avoid extra trips.
- When starting a project, collect all of the tools and equipment you will need before you begin your project. Take time to get a wheelbarrow to carry heavy objects rather than over-loading your heart or causing muscle aches.

➤ **Pace yourself**

It is important to keep your "energy bank" as full as possible and to have activities to re-fill your energy reserve. The following are some ideas to assist you in keeping your energy reserve on full:

- Warm up your muscles by stretching before and after doing a heavier job to avoid injury.
- Pace yourself by alternating work with short, frequent rest breaks.
- Spread your work over the week, take part in other less strenuous, yet enjoyable activities and give your body time to recharge by getting enough sleep and relaxation.

➤ **Positioning**

How you stand or sit (position) yourself in your garden can make a difference in how you feel at the end of the day. Think about making the following adjustments:

- Avoid awkward positions by laying out your work area. Put heavier objects at waist-level and frequently used items between shoulder and hip-level. Avoid putting heavier objects, such as large containers in cupboards higher than shoulder-height.

- Change positions every 15 minutes. It may be helpful to use a timer to remind you when it is time for a change.
- Practice proper lifting by using the larger muscles in your legs and bending at the knees.
- Avoid bending from the back and do not twist your back when doing such activities as shoveling in the garden or picking up leaves.
- You might want to consider having a raised garden if bending over is difficult for you.

➤ **Protect your joints**

Arthritis is one of Canada's most common conditions. The following information is recommended as a way to protect your joints:

- Avoid a tight grasp and pressure along the thumb side of the hand that may contribute to deformity of hand.
- Limit muscle effort and increase strength by using tools with built up handles (try gluing soft hair curlers or pipe insulation around the handles). They can also be purchased at most specialty gardening stores.
- Pick up heavier objects like garden pots with straight fingers or between palms, rather than with bent fingers.
- Locate your work directly in front of you, not to one side, to avoid twisting movements.
- Avoid long periods of standing or sitting to reduce muscle stiffness and use a trolley or wheelbarrow to haul objects rather than carrying objects long distances.

➤ **Clean up when you are done**

Put away garden hoses, tools, and other equipment that you or others can trip over.

Container Gardening

Container or pot gardening is a great way for people who live in a residence with limited space, or no yard to enjoy gardening. Container gardening is much the same as normal gardening, except you use pots or containers instead of a garden. A balcony works great, but it is possible to garden indoors if plants are able to get 8 or more hours of sunshine per day. Use your imagination when finding suitable containers to plant in! A suitable container is durable and has drainage holes in the bottom. Drainage holes are essential.

Things to consider are:

- What do I wish to grow? Flowers? Vegetables?
- Where will I grow? Balcony? Near a window?
- If I am gardening inside am I prepared to deal with the potential mess?

Ask your local greenhouse about alternative ways to garden, and about using the proper type of soil, pots, plants, fertilizers, and all necessary up keep you will be responsible for.

You may also wish to look at the following websites:

- <http://www.gardenguides.com/685-guide-container-gardening.html>
- <http://www.canadiangardening.com/gardens/container-gardening>
- http://www.canadianliving.com/crafts/home_and_garden/7_secrets_to_successful_container_gardening.php
- <http://containergardening.about.com/>



Exercising at Home

Purchasing home exercise equipment



➤ **Determine your goals**

What is your physical activity goal? Your goal should help you to choose your equipment (see the goal setting section on page 32). If your goal is to do endurance exercises, good choices would be a stair climber, stationary bike, or treadmill. If you want to do strength exercises focus on weights or resistance bands (Theraband or tubing).

➤ **Shop around – Things to consider**

- Make sure that you will use the equipment as it can be a waste of money if no one uses it.
- Buy the best gym equipment you can afford. Cheap equipment can be a waste of money if it breaks.
- Avoid machines that have complicated cables, require rearrangements between sets, or that you can catch your clothing on.
- Ask about discounts or upcoming sales. You will find a better selection of high-quality equipment and professional advice at specialty stores, rather than at department stores.
- Try the equipment out in the store before buying it. Make sure you know how to use the equipment with the correct body form before leaving the store. Poor form can cause injury or cancel the benefits you should be getting.

➤ **Choose equipment that suits you and your home**

- Equipment should be comfortable, easy to use, and fit your body.
- Try out equipment in a local gym before you buy.
- Talk to other people about what they like and use already.
- Find a pleasant room to install your equipment in. Preferably where you won't feel cramped while exercising.
- Dress in light-weight clothing, start slowly and have water handy.
- Make your physical activity time enjoyable by listening to music or watching TV.

Using Home Exercise Equipment and Videos

Pedometers

A pedometer is a small device that counts the number of steps you take. They can be purchased through the **Forever...in motion** department by calling 655-8140 and most stores that sell fitness equipment. You may try loaning one from your local library if they have a lending program.



➤ **Choose a good quality pedometer**

Look for one that has a cover to protect the display, includes a belt clip or strap so it does not fall off and one that uses an inexpensive battery (such as a watch battery). Avoid dropping or crushing the pedometer. Do not expose it to excessive moisture. Try not to force the clip onto your belt. Remember to change the battery when the display starts to fade.

➤ **Test your pedometer**

Start by testing your pedometer. Attach the pedometer to your belt or waistband near the front of your hipbone, in line with your kneecap. Make sure it will stay upright, or it will not work properly. Set it to zero and walk 20 steps to ensure that it records the number of steps accurately.

➤ **Find your average steps per day**

Keep track of how many steps you walk on an average day and work towards increasing that slowly. For example, if you are taking 4000 steps per day, try increasing it to 4500 steps per day, within a week or two. You can write down the number of steps you take each day on the Physical Activity Log provided (on page 33).

➤ **Setting goals**

When using the pedometer, a goal for older adults would be 7,000 to 10,000 steps per day. However, that may be too much for some people, especially if you have a chronic illness or if you are just beginning to exercise. Adults with a chronic health condition may try setting a goal for 4,000 to 7,000 steps per day and should check with a doctor before starting any exercise program. Research shows that people who use a pedometer to count their steps lose more weight, exercise more and have lower blood pressure.

Resistance Bands

Resistance bands come in different sizes and strengths. They are available at many sporting goods stores and are often sold from a roll in 1 yard lengths. Strength is determined by the color of the band. Try starting with tan or yellow and increasing resistance as your strength increases. Exercises with resistance bands are fun and easy to do. You can do many different exercises with one piece of equipment.



If you need to tie the band down or secure it in order to do an exercise you can tie it around a door handle, attach it to hooks at different levels on a wall or ceiling, loop it around a post or beam, or loop it under your foot or wheelchair. Find exercises on the Theraband website listed below or ask a healthcare professional (i.e. doctor, physical therapist, and exercise therapist) for specific examples of exercises you can try.

Places to purchase equipment or find out more information:

Theraband

<http://www.thera-bandacademy.com/>

Flaghouse

<http://www.flaghouse.ca>

Freedom Living Devices

Lawson Heights Mall
134 Primrose Drive, Saskatoon
(306) 384 – 9300

Sage Seniors Resources

Market Mall
2325 Preston Avenue, Saskatoon
(306) 955 – 7243

Weights

Simple hand held weights can be purchased at most department stores in the sporting goods section. They are relatively inexpensive and come in a variety of weights, colors and styles. Some come with velcro straps so you can fasten them around your wrist or ankle. Wrist weights are helpful if holding a hand weight is difficult for you.

To make your own weights you can use items found in your own home to help you get started. Here are some great ideas:

- Use soup cans.
- Sew a bag and leave one side open. Fill with beans or rice and sew the side up. Try making bags of different sizes and weights. Also try sewing on a strip of velcro large enough to fasten around your wrist or ankle.
- Stretchy exercise bands can be made by braiding lengths of panty hose together.
- Use containers with a tapered shape or molded handle so you can hang on to them (dish detergent bottles or vinegar containers work well).
- Add water, beans, sand or rice to make the containers heavier as needed.

Home Exercise Videos

There are a number of exercise videos and DVD's available in stores and in libraries. However, it is important to get an exercise video or DVD that suits your physical activity needs so the activity won't put you at risk. Here are some questions you can ask yourself prior to purchasing one:

- Do the people in the video/ DVD look like me?
- Are they about the same age as I am?
- Are they doing exercises I would be able to do?

Videos available to borrow from **Forever... *in motion*** include:

- Winnipeg ***in motion*** Older Adult Exercise DVD (2009)
- Age 50+ Exercise: National Institute on Aging
- Spirit in Motion: Active Living & Aboriginal Seniors
- Acting our Age: Older Adults engaged in Physical Activity
- Exercise to Prevent Falls for Older Adults
- Bone Smart
- Elderfit (Part 1 and 2)
- Positive Steps- DVD, VHS
- Taoist Tai Chi for Seniors
- Tai Chi for Arthritis
- Ready, Set, Go (DVD)

Call 655-0829 to arrange loaning of videos.

Here is some contact information for videos and DVD's for individuals who have had either health problems or some difficulty exercising but want to keep "***in motion***":

- Arthritis Society **1-800-321-1433**
- Positive Steps **(306) 766-7731**
- Home Support Exercise Program **(519) 661-1608**
- Exercises to Prevent Falls for Older Adults – Peterborough County, Ontario



Trekking Poles

Trekking often refers to multi-day hiking trips through rural, often rugged territory. Many individuals who are trekkers travel through entire regions of the world, using trekking as the method of transportation from place to place. Trekking can be athletic and adventurous as participants decide. Trekking is less structured, therefore can be molded to suit individual needs.

Trekking poles, also known as hiking poles, hiking sticks or walking poles, are used by trekkers for support and balance. When used, they resemble ski poles as they have many common features. However, trekking poles are often made in two or three sections and can be extended and retracted as necessary. One piece trekking poles are also available and are proven to be safer and more durable.

Trekking poles provide some rhythm to walking and adds support. They provide useful lateral stability and balance and they reduce the strain on your knees and hips.

Nordic Poles

Are you looking for a way to increase your walking workout? Nordic walking may be a fit for you as it can benefit your heart, waistline and can provide a moderate upper body strength workout too! Nordic walking poles have been adapted from cross country skiing equipment design used by competitive skiers for their off-season training.

There are many benefits of using Nordic poles:

- Nordic walkers **burn significantly more calories** than regular walkers.
- Nordic walkers **use more oxygen** compared to regular walkers which is good for the cardiovascular system (heart and lungs).
- Nordic walking helps to **reduce the stress to your knees and lower joints**. By using the walking poles, it gives your body the same health benefits as if you were briskly walking or jogging and so reduces the risk of injury to the lower body.
- Strengthens your upper body.
- Helps you to keep your balance when you are walking outdoors.

How to choose Nordic walking poles:

Having the proper height for your poles is very important. With your arms hanging at your sides, bend your elbow at a square 90 degrees. The handgrips of the poles should be above your waist, but below your heart.

If more than one person will be using the poles, then it is necessary to purchase poles that can be adjusted for personal height differences. Uphill/downhill walking over uneven terrain will also require an adjustable pole length.

The better quality Nordic poles are **lightweight** yet **strong**, **height adjustable** (telescoping shafts with locking mechanisms), **spring loaded in the shaft to reduce impact** on elbows (thus preventing tennis elbow), have comfortable suede, leather or high density foam or cork grips, have a **wide hand grip**, and a **single point contact** for maximum stability on the ground. Pole shaft construction can be made of aluminum, carbon fibre or titanium. Avoid the plastic handle grips as they are cold in winter and slippery in hot weather when hands tend to sweat. Also avoid straps as if you fall you are more likely to fracture your thumb or wrist if you are wearing a strap. Always buy poles in pairs. Costs range from \$90–\$150 per pair. \$100.00 will purchase a good quality pair of poles that will last for years.

How do I get started?

Walking is a familiar, inexpensive activity for all of us. Start in small time intervals of 10 minutes. Build up your time gradually so that you don't get too tired. Especially as you build up your upper body strength. Set a longer term goal to be active in any physical activity at least 30–60 minutes per day most days of the week as recommended by Health Canada.

Canada has a Nordic Walking Association with free membership to join. The website address is www.cnwa.info.

Nintendo Wii

In the last couple of years, there has been a great deal of attention given to a video game console called the Nintendo Wii (pronounced “we”). The reason why these consoles have been flying off the shelves in stores is because the Wii is not like other video games where the player looks at the television screen and plays the game using a finger-controlled unit. The Wii actually *encourages* physical interaction. The player uses a wireless controller (called a “Wii-mote”). This Wii-mote is a hand held pointing device that detects movement and speed using an infrared sensor. The player then must be able to make the movements with his/her body (arms, legs and torso) to play the game. For instance, if the player has chosen to play the Wii bowling game, while using the Wii-mote, the player must actually simulate with his/her body, a virtual reality bowling ball delivery on a lane. In 2007, Nintendo (the makers of the Wii) put on a successful exposition for adults 50 and over where the attendees played video games solo and in competitions. These were some of the Wii games they played:

- **Wii Sports:** Players swing the Wii Remote controller like it is a tennis racket, bowling ball or golf club. Attach the Wii “nunchuk” to the remote for two handed play and get ready to play some boxing! There are also fitness tests on this game to determine your physical fitness age through skill testing games.



***If you have not been active for a while, it takes time for your body to adjust**

- **Wii Fit:** Users twist and tilt on the pressure-sensitive Wii balance board accessory to perform an array of fun, fitness-oriented activities, including aerobics, yoga, muscle stretches and balancing games.
- **Brain Age 2: More Training in Minutes a Day:** A lively series of math, reading, music and memorization exercises provide an amusing way for players to keep their minds active.

Older adults with limited mobility can play too. Standing is not required in many of these games, so players can be comfortably seated while they play. It may be important however to do some stretching before you begin.

The British Chiropractic Association suggests the following stretches for Wii participation:

- **Shoulder Shrug** - Slowly shrug your shoulders towards your ears and hold for three seconds, and then relax. This relaxes the muscles in the shoulder and gets your blood flowing into your arms. Repeat 3 times.
- **Wrist Stretch** - Slowly stretch the wrist backwards. Hold for a few seconds then slowly stretch it forward. This exercise prevents tightening of the wrist. Repeat 3 times.
- **Make a Fist** - Hold the arm at right angles from the elbow. Make a fist and tense it, and the whole of your arm. Hold for 2-3 seconds, then relax and let the arms flop to your side. This will help the blood flow and tone the muscles. Repeat 3 times.
- **Neck muscle stretch** - Try to make a double chin, to stretch the muscles at the base of the neck. Hold for 2-3 seconds. Remember to stretch very slowly. Repeat.
- **Lower Back Loosen**- Stand with your feet shoulder width apart, move your hips to the left and right 5 times, then forwards and backwards 5 times.

The Wii is being used in rehabilitation sites, long term care homes and private care because not only are these games fun, the benefits of playing the Wii are numerous. These games get people off the couch and have been shown to improve hand-eye coordination, functional endurance, balance, coordination, memory, concentration and problem-solving skills. The game can also boost energy levels and increase confidence and self-esteem. Anyone can play and no experience is necessary to participate.

There are a few safety precautions to be aware of such as seizures, repetitive motion injuries, eye strain, electric shock, motion sickness, radio frequency interference, laser device, console damage, TV screen damage and battery leakage. For further information on these precautions, you can visit Nintendo's site:

<http://www.nintendo.com/consumer/wiisafety.jsp>.

The Wii can be purchased at department or electronic stores or ordered off the Internet for around \$210. Everything you need to begin playing comes with the Wii including a Wii sports game. Other games are extra and sell for around \$50 a game. You can also buy extra Wii-motes so that you can play with friends or family.

Goal Setting

Now, get started! To help achieve success, experts suggest that setting a goal can help to add physical activity to your daily life. A goal can help motivate you and is useful to see progress.

1. Set your physical activity goal that is specific.

- I want to dance at my grandson's wedding.
- I need to increase my leg strength and stamina in order to do this.

2. Choose an activity you will enjoy.

- Try mall walking and water exercise.

3. Write down your action plan and post it on the fridge so you can see it everyday.

- I will walk in the mall three (3) mornings a week... Monday, Wednesday and Friday.
- I will sign up and attend AquaMotion class at the Leisure Centre two days per week...Tuesday and Thursday.
- I will dance in the kitchen to good music whenever the spirit moves me!
- I will continue to do my stretching exercises every morning and at bedtime.

4. Keep track of your progress and record your activities in a diary or calendar.

- Use the Physical Activity Log provided on the next page or make your own.
- Make photocopies to use all year round.

5. Evaluate your plan.

- Is the plan working for you?
- Is it too simple?
- Too hard?
- Too much?
- Do you feel better?
- Are you making progress in reaching your goal?

**Make changes to your plan when you need to,
so you will achieve your goal.
Reward success! Treat yourself to something fun!**



Month:

- How to use the Centennial *in motion* physical activity log:
- Add the dates to reflect current month.
 - Check off each day that you are physically active.
 - Work towards 30 minutes each day.
 - Any amount of physical activity you do throughout your day counts.

Include family, friends and fun in your activity which could be:

Light Effort—work towards 60 minutes daily which can include activities like light walking, volleyball, easy gardening, or stretching.

Moderate Effort—work towards 30-60 minutes 4-7 days a week can include activities which can include brisk walking, biking, raking leaves, swimming, dancing, or water aerobics.

Vigorous Effort—work towards 20-30 minutes 4-7 days a week which can include activities like aerobics, jogging, hockey, basketball, fast swimming, fast dancing

For more information on Health Canada's Guide for Physical Activity visit www.pguide.com

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For more information on *in motion* visit:
www.in-motion.ca

in motion's partners:

Falls Prevention

Falls are the leading cause of fatal injuries among senior Canadians and account for more than half of all injuries among seniors. One in three older adults will experience a fall each year, and half of those more than once. In fact, for people over 65, falling is the most common life-threatening hazard. Falls represent a major threat to the health status and independence of older adults. The good news is that falls are predictable and preventable. Don't let the fear of falling prevent you from being active because inactivity will actually increase your risk of falling.



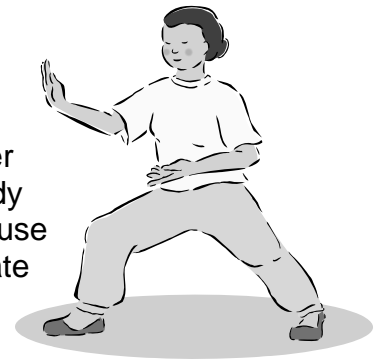
Some risk factors may include:

Personal: Not being physically active 30 minutes/day, changes in bone and muscle strength, changes in balance and reaction time, changes to hearing and vision, chronic conditions, multiple medications or not using medications as prescribed, use of alcohol or drugs, weight gain, sleep disturbances and dizziness, improper footwear and a poor diet.

Environmental: Slippery floors, spills, scatter rugs, bathtubs, stairs, dim lighting, footwear, clutter, extension cords, icy sidewalks, uneven surfaces, bad weather, rush hour traffic, darkness.

Physical Activity and Falls Prevention

Exercise helps to prevent falls by improving strength, balance and coordination. Even if people begin in later life, physical activity can result in significant health improvements. Physical activity can help reduce the risk of injury by improving range of motion, building stronger bones and muscles, and improving heart and lung function. As the body ages, our bones tend to become brittle and fragile which can easily cause fractures. Fractures can result from a fall. Physical activity and adequate calcium and Vitamin D are important for strong muscles and bones. Some good exercises to try would be:



Walking
Use light weights/ tubing or Therabands
Swimming
Dancing

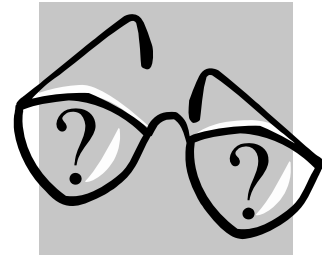
Aerobics
Balance exercises
Tai Chi

How can you prevent a fall?

Three Steps to Preventing Falls:

1. Be aware - Look around you. Learn to recognize risk. Anticipate where problems might occur.

- Ensure exercise areas are well lit, non-slip, clean and uncluttered.
- When walking outside, be aware of your surroundings and watch where you step.
- Don't skip meals: it can cause weakness and dizziness.
- Drink plenty of water and eat a healthy balanced diet.
- Reduce clutter around your home such as loose cords and scatter rugs.



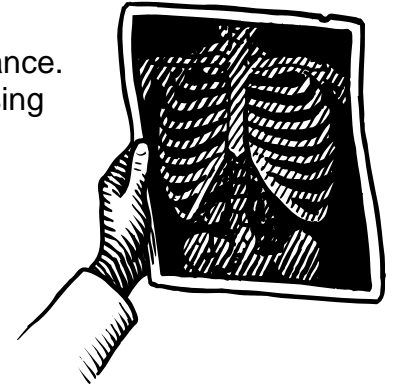
2. Be safe – Take steps to lower your risk. Remove hazards in your home. Ask for help when necessary. Use canes and walkers if you need them. Compensate for some of the physical changes which occur in the body with aging by moving more carefully.

- Discuss your medication and over the counter supplements with your doctor or pharmacist.
- Select shoes with non-slip soles that are not too big or too small for your feet. Wear supportive shoes while you are exercising.
- Use safety equipment such as canes, walkers, grab bars, elevated toilet seats, seated showers or bathtubs, and bath mats.
- Have your vision and hearing checked regularly.
- Have a falls emergency plan. This may include having a personal response system or buddy system especially if you live alone.
- Use a night light or flashlight by your bed, make sure your lamp or light switch can be easily reached without getting out of bed.
- Get up from your bed or chair slowly, getting up quickly can make you dizzy.
- Store heavy items in easy to reach places.
- If you fall, try to land on your buttocks and don't rush to get up.
- Do not rush to get up and answer the phone, subscribe to call display.
- Paint outdoor steps with a mixture of sand and paint for better traction.



- 3. Be active** - Maintain a healthy lifestyle which includes regular physical activity to keep bones and joints in good health.
- Be physically active for at least 30 minutes every day. Make sure that you include a balance and strength component.
 - It is best to start an exercise program slowly. As you get stronger, gradually increase the amount and the frequency of exercise.
 - Exercising in water is gentle on the joints in your body. Water also acts as resistance, therefore strengthening the muscles in your body and improving your balance.
 - Walking at a comfortable pace can improve your balance.
 - Avoid wearing reading glasses when exercising or using stairs.

*Used with permission from the Saskatoon Falls Prevention Consortium.



Self-assessment Checklist for Falls

Please check off the statements that are true for you

- I am 65 years or older.
- I have fallen in the past 12 months.
- I take less than 800 IU of Vitamin D₃ per day.
- I have experienced a broken bone at least once since I turned 40 years old.
- I am taking more than three medications each day.
- My fear of falling keeps me from doing the things I enjoy.
- I drink less than eight cups of fluid each day.
- I often have to rush to the bathroom.
- I have not had an eye exam in the last two years.
- I sometimes lose my balance when I walk.
- I have been advised to use a walker or a cane to get around safely.
- I feel dizzy when I change positions, such as from sitting to standing.
- I exercise less than 30 minutes a day.
- There are hazards in my home that could cause me to lose my footing or balance.

If you have checked three or more of these statements, we urge you to talk to your health-care professional about changes you can make to reduce your risk for a fall and injury.

Now it is time to check out the home safety checklist and exercises that follow and take some time to be safe and active!

Home Safety Checklist

Bathroom

Is there a non-slip mat in the tub?	Yes	No
Do you have a grab bar installed in the tub area?	Yes	No
Is there a non-slip mat beside the tub?	Yes	No
Are floors kept dry?	Yes	No
Do you use non-slip wax (or no wax) on floors?	Yes	No

Kitchen

Are floors kept clean and dry?	Yes	No
If rugs or mats are used, do they have non-slip backing?	Yes	No
Do you have and use a sturdy step stool to reach upper shelves?	Yes	No

Bedroom

Are floors kept free of clothing and shoes?	Yes	No
Do you use a night light or other source of light for when you get up at night?	Yes	No

Halls and Stairs

Are stair or hall rugs tacked down?	Yes	No
Do scatter rugs have a non-slip backing?	Yes	No
Are halls and stairways well lit?	Yes	No
Are steps, stair coverings and railing kept in good repair?	Yes	No
Do all stairways have a sturdy handrail?	Yes	No
Are stairs kept clear of loose objects?	Yes	No

Basement

Is the basement area well lit (including stairs)?	Yes	No
Is there a sturdy handrail on the basement stairs?	Yes	No
Is the basement floor kept free of laundry, tools, etc?	Yes	No

Entrances

Are sidewalks, steps, porches and entries kept free of clutter?	Yes	No
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Are sidewalks, steps, porches and entries kept free of ice and standing water?	Yes	No
Are sidewalks, steps, porches and entries kept in good repair?	Yes	No
Is the entry well lit (including steps)?	Yes	No

Outdoor Areas

Are garden tools stored away after use?	Yes	No
Are broken sidewalks and driveways repaired promptly?	Yes	No
Are ladders kept in good repair?	Yes	No

How did you do? If you answered “no” to any of the questions above, take some time to review what you can do to make that part of your home safer.

And now for the exercise program...

Before you Begin

Cardiovascular or aerobic exercises –

These include walking, swimming, bicycling, aquacise classes, aerobics classes and dancing. Because these activities use the big muscles of the body and raise the heart rate, they help to keep the heart healthy. They are also the activities that help us to maintain a healthy body weight. As an added bonus, certain activities in which you support the weight of your body (e. g. walking) help to maintain the strength of your bones. It is recommended that you participate in such activities as often as possible – every day is great!

If getting out for a walk is difficult for you, try to develop a walking course through your home (free of obstacles and clutter) or in the corridors of your building. If that is not possible, try walking on the sport for a few minutes each day. You may find that as you do the strengthening and stretching exercises, activities like walking will become easier for you.

A Word About Good Posture Proper Posture

Good posture is important to prevent undue strain and tension to the muscles, joints and bones, as well as to prevent deformity. Good posture is also essential for good balance.

Correct posture is easy to determine. When looking in a mirror from the side, your ear, shoulder, and hip should be stacked directly on top of one another. Becoming posture aware by correcting posture several times a day and during exercise will result in good posture becoming habitual.

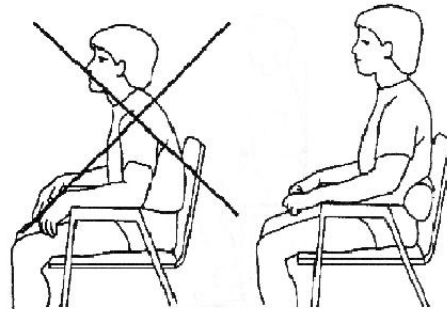
Contrary to popular belief, the normal spine has four curves (when looking at the side of a person). The neck and lumbar areas (lower back) have a natural concave shape, while the upper back and pelvic regions have a natural convex shape.

The four curves in our spine are what allow us to stand upright and disperse our body's weight evenly. If these curves become excessive, the spine is put under excessive stress. This can lead to pain and injury.



Check posture by standing close to a wall with shoulders and buttocks touching. Head should be held high, chin tucked so that head is away from the wall and tips of the ears should be over the shoulders. A hand space hollow should be between the low back and the wall. Finally the knees should be straight but not locked with heels flat.

Posture is just as important when sitting. Practice proper sitting posture by keeping your feet flat on the floor and refraining from slouching. You can support your lower back with a lumbar supporting chair or pillow, and keep your head and eyes at a comfortable, level position. *Remember* - This applies to driving as well!



A normal spine is not straight. It has four curves. Correct posture is achieved when, looking from the side, your ear, shoulder and hip are stacked one on top of the other. A line drawn through these three points would be straight. The four curves in the spine are what allow us to stand upright. If these curves become excessive, however, the spine may be put under too much stress, causing pain or injury.

Another way to assess your posture is to examine the position of your pelvis while standing. If you think of your pelvis as a bucket of water, a neutral position would be one in which the water is held completely in the bucket. The pelvis can tip forward, which would allow water to pour out the front, or backward, with water pouring out the back. Try to maintain the neutral pelvic position, or keep the water in the bucket, throughout the exercises, whether standing or sitting.

Walking in Place

Continue this exercise for up to 10 minutes. If you are able, and would rather go for a walk outside or through your building instead of walking on the spot, please do so. When you return from your walk, do the other warm up exercises that follow, then move into the stretching and strengthening exercises.

Staying on Your Feet – Home Exercise Program

Before you Exercise

- Ensure you have on good, supportive footwear.
- Clear the space where you will be doing exercises.



Breathing

- Throughout your exercises, focus on breathing through your nose and out your mouth.
- It is important to breathe throughout all exercises.

Warm Up

* Hold each stretch for 5 seconds *

Neck– Head Turn

- Look straight ahead and keep your chin tucked in.
- Slowly turn your head to one side, hold this position, return to the center, then to the other side and hold that position.
- Ensure that your shoulders are pulled back and you are standing or sitting tall with your back straight.

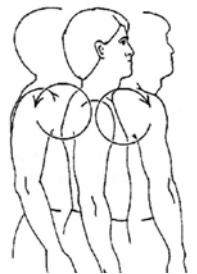


Neck– Head Tilt

- Look straight ahead and keep your chin tucked in.
- Slowly tilt one ear towards your shoulder and hold. Return to center and tilt to the other shoulder and hold.

Shoulder Rolls

- First elevate your shoulders towards your ears, rotate them forward, then lower them downwards in a forward motion 5 times
- Then elevate your shoulders towards your ears, press them back, then press them downwards in a backward motion 5 times.
- You can do one shoulder at a time, or both at the same time.



Biceps – Upward Reach

- Reach both arms upwards while keeping your back straight and shoulder blades together.
- If you cannot reach straight above your head, reach forward or outward at shoulder level.



Arm Scissors

- Cross your arms in front of your chest at shoulder height keeping your elbows up, starting right over left.
- Next, spread your arms out at shoulder height.
- Then bring your arms in front of your chest with the left arm over the right arm.
- Ensure that you are making large, controlled movements.

Wrist Circles

- Turn your wrists in clockwise direction then switch to counter-clockwise.

Ankle Circles

- Sit with one foot up on a foot stool while the other foot is flat on the floor.
- Slowly rotate your ankle in a circle. Switch ankles.



Strengthening Exercises

*Repeat all exercises 5-10 times *



Arm Lifts

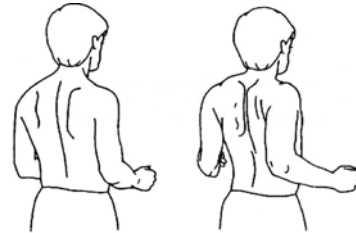
- Lift arms to shoulder height and then slowly lower them back to your side.
- Remember to tighten your stomach muscles and keep your shoulders down and back. This can also be done while sitting.





Shoulder Squeeze

- Stand with your feet flat on the floor, back straight, and shoulders pulled back and down.
- Lift your elbows up and out to the side.
- Breathe out while you draw your elbows back and squeeze your shoulder blades together.
- Hold for 5 seconds then relax.
- Remember not to shrug your shoulders.



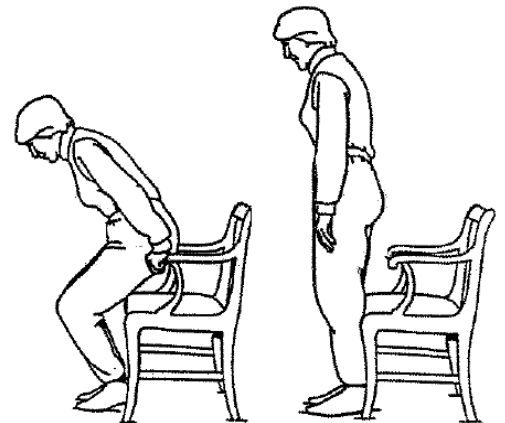
Seat Walk

- Sit on a chair and rock side to side by lifting and “walking” your hips forward then backwards.



Sit to Stand

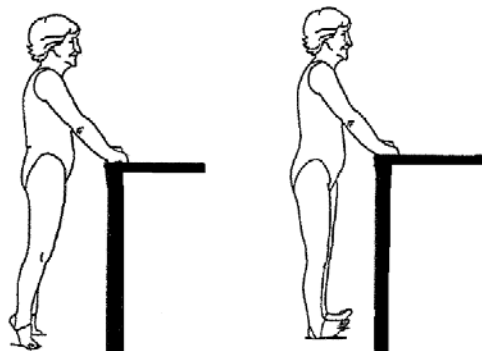
- Use a firm chair with arm rests.
- Bring your feet under your knees and place both hands on your armrests.
- Tighten your stomach muscles and lean forward slightly.
- Slowly stand up by using your arms and legs.
- Stand for a few seconds.
- Reach back and grab the arms of the chair.
- Slowly lower yourself into a seated position.





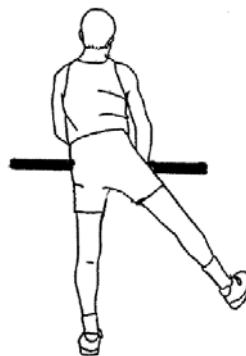
Toe/ Heel Lifts

- Stand up straight with your shoulders back and down.
- Keep your heel on the floor while you lift your toes then lift up your heels and go up on your toes.
- Do not lock your knees.
- You can hold onto a counter if extra support is needed.



Side Leg Raise

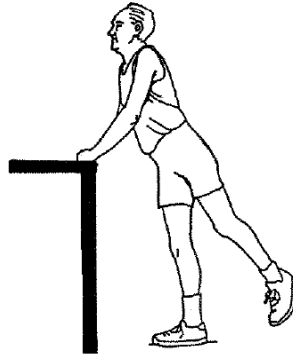
- Lift your leg straight out to one side.
- Keep your back straight and shoulders pulled down and back. Alternate legs.





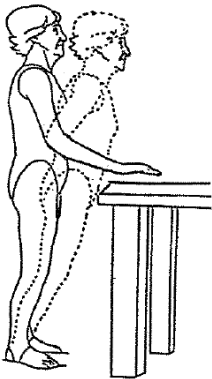
Back Leg Raise

- Lift your leg behind your body.
- Keep your knee and back straight.
- This exercise also stretches your hip flexor.
- Alternate legs.



Postural Sway

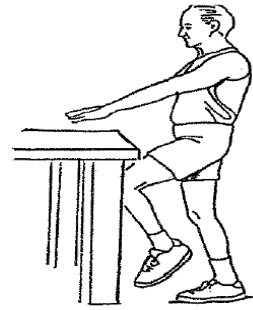
- Stand up straight with your shoulders back and down.
- Slowly sway forward, backwards, and to each side.
- Return to the center each time.
- Do not move your feet.





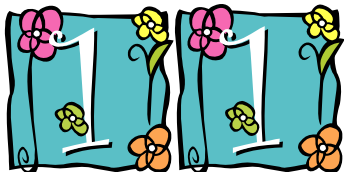
Marching on the Spot

- Step in one place with your whole foot, by touching with your toes and bringing your heel down softly to the floor.
- You can add in swinging the alternate arm to leg for more difficulty.
- Lift your feet and knees higher for added difficulty.
- This can also be done seated.



Leg Extensions

- Sit in a chair with your back straight.
- Straighten one knee, hold, and then return your foot to the floor. Alternate legs.



Hamstring Stretch

- Sit on a chair one foot on a foot stool and the other on the floor.
- Reach forward towards your toes while keeping your back straight.
- Hold for 5 seconds and relax.
- Alternate legs.





Calf Stretch

- Sit forward in your chair with one leg extended before you, with the knee straight and your heel pointed upwards.
- Pull your toes back towards your body until you feel a pull in the back of your leg.
- Hold for 5 seconds.
- Repeat with other leg.

Cool Down

Deep Breathing

- Sit in a chair.
- Take a deep breath through your nose and blow out through your mouth.
- Repeat 5-10 times or until you feel completely relaxed.



Chronic Conditions and Physical Activity

“The weakest and the oldest among us can become some sort of athlete, but only the strongest can survive as spectators. Only the hardest can survive the perils of inertia, inactivity, and immobility.”

J.H. Bland and S.M. Cooper
Semin Arthritis Rheum: 1984

Regular physical activity and exercise are essential to wellbeing. Some limitations that come along with aging and chronic health problems lead people to believe that exercise is no longer a necessary part of life. On the contrary, exercising and being active can help to keep your joints moving, provide support for the joint by strengthening muscles, and help keep bone and muscle cartilage tissue strong and healthy. A regular exercise program that includes flexibility, strengthening, and endurance exercises lessens fatigue, builds stronger muscles and bones, increases flexibility, improves stamina and improves general health. This is important for good arthritis care. Exercise is an essential part of your treatment plan to help you manage your illness and make everyday activities easier to do. It can also be lots of fun! After several months of exercise, most people report less pain, anxiety and depression.

Self-Management Programs provide practical suggestions and support, which build confidence in coping with the everyday challenges of a chronic condition. The program is designed to help you to learn ways to manage your health conditions, manage pain, deal with frustrations, and help you discover the skills to take a more active role in managing your health. You will meet in a small group for 2 hours once a week for six weeks. Trained leaders assist the group to learn new information and skills, discuss ideas and share experiences.

Contact Information:

Arthritis Self-Management Program

The Arthritis Society 1-800-321-1433

www.arthritis.ca

LiveWell with Chronic Conditions

Saskatoon Health Region

1-306-655-5483



See listing of provincial, regional and local resources to find programs and information for chronic conditions!

Turn the page and try doing the Top 10 Exercises (reprinted with permission from The Arthritis Society) to improve your flexibility!

Top 10 exercises

Keeping things simple

1

Ankle Circles

Sit upright in chair with feet stretched out in front. Circle feet in one direction 20 times. Repeat another 20 times in opposite direction.



2

Heel/Toe Lift



Sit forward on a chair with feet flat. Lift heels, keeping toes on floor, then lift toes. Hold three seconds then return flat. Repeat 20 times.



3

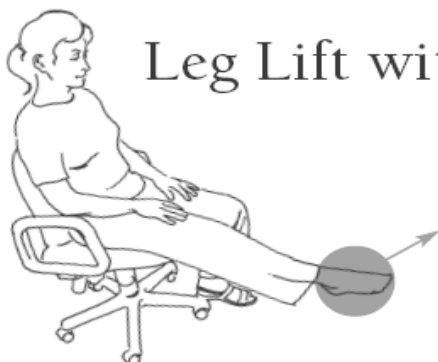
Knee Raises

Sit on the edge of a chair or stool with your back straight. Lift your knee as high as you can without bending your back. You can assist your knee higher with your hands. Keeping your abdominals tight, slowly lower your leg back to the starting position.



4

Leg Lift with Ankle Movements



Sit upright with back supported. Slowly straighten your knee. With the knee slightly bent, bend the ankle, toes pointing straight ahead. Then reverse to point them toward the ceiling. Repeat.

5

Shoulder Stretches

Sit or stand with forearms pressed together in front of the body (A). Then, bring your elbows back to the "hands up" position (B), with palms facing forward. Stretch arms overhead as far as possible, keeping your elbows in line with the side of your body (C).



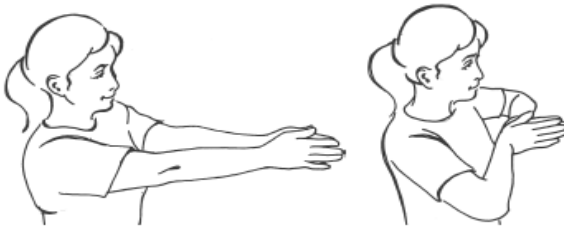
Forward Arm Reaches

Sit or stand with arms at your side with elbows bent and thumbs pointing back toward your shoulders. Stretch arms overhead. If one of your arms is weak, you can help it by placing your hand under the elbow and assisting the arm to the overhead position. Finally, lower arms slowly to the start position.



6

Shoulder Squeeze & Wrist Stretch

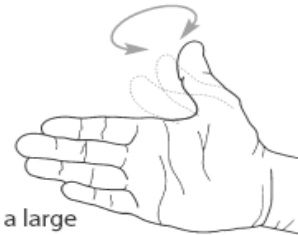
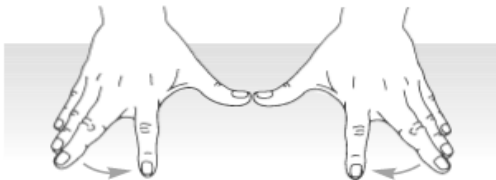


Put palms and fingers together. Hold arms stretched out together in front. Pull hands in toward your chest, making your elbows bend to each side. Press palms together as you move them closer to your body and squeeze shoulder blades together.

7

Finger Walk & Thumb Circles

Sit with hands on table, fingers pointing ahead. Slide thumbs toward each other. Then slide each finger one at a time toward the thumb. After the little finger has completed the "walk", lift your hands and put them down straight. Then, move your fingers toward the thumb.



Move the thumb in a large circle in each direction.

8

Hip & Calf Stretch

Stand with arm support against a wall. Place one foot in front of the other and keep your feet apart (shoulder-width) and pointing forward. Keep your shoulder, hip, knee and ankle in a straight line. Keep shoulder and hips square and tighten abdominal muscles. Move forward, bending only at the ankles and keeping weight on the heel of the back foot.



9

Walking

Take a walk every day. Walking allows you to stretch your back and leg muscles and joints that can become stiff from sitting.



Used with permission from:



10

How To ...

...Start a Walking Group

1. Find people willing to set up the program and motivate others to join.

- It may be very helpful to have two or more people to make sure one person is not doing all the work.
- They should be enthusiastic about the program to make sure it keeps going.



2. Advertise the group and the benefits of walking.

- See the walking section on page 19 for the benefits of walking as well as safety and clothing considerations.
- Advertise in your local newsletter. Consider sign up sheets at local businesses, phone others that may be interested, and set a time and place for the first meeting.
- Word of mouth may be the best way to spread the news in a small community!

3. Make some decisions about the walking program as a group:

When should the group meet?

- One way to get people involved would be holding the walking group when people have already come together (before or after church, or the same day as meetings or programs at the local seniors centre for example).
- Consider safety– pick a time of day when it is light out and traffic is low.

Where should the group walk?

➤ Pick a route that is safe:

- Find sidewalks that are usually cleared of snow and ice in the winter.
- Where there are no sidewalks, make sure the ground is level and free of potholes, and other obstacles.
- In areas with more traffic, be sure to cross where there are lights or pedestrian crosswalks.
- Avoid areas where animals are not controlled properly by their owners.
- Try to locate places to rest along the way (benches, playgrounds). If there are none, consider taking a light folding chair or stool with you.

➤ **Consider having more than one route:**

- Having 2 or more routes available may help avoid boredom and keep the group motivated.
- It is important to have a back up plan for bad weather. Ask the school or seniors hall if you can walk indoors when the weather does not cooperate.
- Choose routes that are pleasing to walk along, with nature or wildlife to see along the way.
- Having short and long routes can help motivate people of different abilities to join.

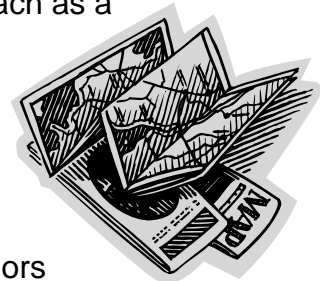
How should the group track their progress?

➤ **There are many ways to track the progress of your group and keep motivated towards your goals:**

- Record the amount of time you spend walking.
- Record your steps using a pedometer.
- Keep track of mileage - you can figure out how long the route is by driving it with your vehicle or walking it with a pedometer.
- You may want to develop maps for your routes that list time and/or distance to certain landmarks along the way.
- Individuals can use daily progress calendars (like the Physical Activity Log on page 33) to record time, distance and/or steps walked.

What are the goals of the group?

- The group may want to set a time or distance goal to reach as a group to help keep motivated.
- People may also set individual goals for themselves.
- When keeping track of mileage, figure out how far it is to walk to the next town or city and see how long it would take to walk across the province or country!! Put up a map to show how far you have gone.
- Keep track of time or mileage on a bulletin board or seniors centre. You can use a large poster with a thermometer or another suitable image to fill in the progress of the group as a whole, or individual progress charts.



What will be the reward for reaching goals?

➤ **This is the fun part! Get creative and keep people motivated with great incentives to keep going:**

- Recognize participants and keep track of time or mileage on a bulletin board in a recreation or seniors centre with certificates or plaques.

- Give out prizes to the person with the highest mileage or draw a name from a hat. Prizes could be gift certificates or items from local businesses or sports facilities - many businesses will donate prizes when asked.
- Throw a party to celebrate. You may think about including other fun physical activities such as dancing, and make sure to provide delicious and healthy snacks.

4. Start the walking program.

- Once you have made decisions about how the group will work, it is time to start walking!
- Safety first– refer to the safe exercise (page 9), falls prevention (page 38) and walking sections (page 19) in this guide before you start the program.
- Remember group etiquette– respect the pace of the group and warn others of obstacles ahead.
- Include a warm up and cool down before and after the walk. Walk slowly for the first and last five minutes of your walk or do some marching on the spot and stretches to warm up and continue moving around slowly and do stretches to cool down as well.
- Start out at a time or distance for the group that everyone is comfortable with and work your way up slowly, it will take time to get used to a new level of activity.
 - To gradually increase the intensity of the walk, walk a bit longer or take more steps according to your pedometer.
 - You can also begin to walk at a slightly faster pace to increase the intensity of the walk, only if needed.
 - Listen to your body and watch for symptoms in others. If you or someone in the group is showing symptoms of pain, dizziness, or nausea, stop exercising and consult a doctor before you continue.



5. Keep people coming back for more!

- Don't let the enthusiasm fade...try to come up with new ideas to keep the walking group interesting and exciting.
- Continue to promote the group in newsletters or on bulletin boards.
- Encourage everyone to fill in their progress chart, it helps to see how much you have progressed.



- Discuss rewards for reaching your goals ahead of time so you have something to look forward to.
- Ask other people in the group how they stay motivated.
- Try substituting other activities for the group once in a while– try dancing, cross-country skiing, using snow shoes, yoga/tai chi– the possibilities are endless!
- Encourage people to bring some money, walk to a destination for a healthy treat such as a smoothie, and walk back to the start.

...Start a Collective or Community Kitchen

Collective Kitchen Partnership

Phone: (306) 655-5093

Website: <http://www.chep.org/ck>

- Provides support for groups of people to get together to cook in bulk.
- Offers training and support for people interested in becoming a leader.
- Support in getting a collective kitchen started.
- Newsletters and workshops available as well.



What is a collective or community kitchen?

- A collective kitchen is a small group of people who meet regularly to cook food and divide it up to take home for themselves or their family.
- Every member contributes by planning, preparing and cooking food.
- Benefits include increasing food resources, building social relationships in your community, encouraging healthy food choices, improving skill and knowledge and self-confidence to become more self-sufficient.
- In most groups participants contribute \$5 to \$10 per cooking session.
- Members of each group decide how their kitchen will function- one group may chose to cook vegetarian food while the other might chose lower fat foods or inexpensive meals. Every kitchen is unique, the group makes the rules.

Go to the following websites for more information on starting a collective kitchen, recipes, listings of cookbooks and manuals you can purchase for detailed information on how you can organize your own group:

Manitoba Regional Health Authority

http://www.wrha.mb.ca/healthinfo/prohealth/nutrition/files/Nutrition_3.pdf

Food Share

<http://www.foodshare.net/kitchen01.htm>

<http://www.foodshare.net/links01.htm> (links to other great websites)

CHEP Good Food Inc.

<http://www.chep.org>



How to get started:

- Start by having a meeting for people who are interested in joining the collective kitchen. Advertise in local newsletters and businesses. Again, word of mouth is a great way to spread the news.
- At the first meeting, talk about what you want to get out of the group. Having one or more leaders at this point would be a good idea to help control discussion and keep everyone on track.
- In smaller groups, record keeping would be a simple matter of collecting money from participants, paying grocery bills and keeping track of any money that is left over.
- You might want to write up a contact list or a phoning tree to share information with one another.
- Consider buying a cook book that has collective/community kitchens recipes that have already been tested for large quantities and nutrition. Search the internet, contact the local library or check websites recommended earlier in this section.

Some questions for the group to answer may be:



- What kinds of food do we want to cook (i.e. healthy, easy to divide)?
- How many servings does each person need to take home?
- Does everyone get the same amount of food or will some people pay more to take more food home?
- What is the maximum amount of money each person would like to pay and what will our budget be from that contribution each week?
- How often will we get together?
- Will there be a leader or someone who collects money each time or will we take turns leading the group? If we take turns, should we make a schedule?

- How will we do the shopping?
- Does anyone need to arrange transportation to the group (i.e. take turns driving people who need a ride or arrange for a cab)?
- How will we decide what recipes to use each week?
- If the rest of the group would like to try something that one individual does not like or cannot have, how will we solve this conflict?
- How will cooking and cleaning tasks be assigned when we get together?
- How will we buy supplies (buy a basic selection of ingredients to begin with, or buy as needed for each recipe)?
- Where do we have access to a kitchen where we can hold the group (i.e. church or school)? Do we need any extra utensils or supplies that are not readily available in the kitchen we are going to meet in (i.e. the kitchen at the church does not have a can opener)?
- Should we make a list of allergies or ingredients that some people do not like or cannot have and take that into consideration when choosing what to cook?
- Should we have a separate planning meeting in advance of each cooking session?
- Are there food safety guidelines posted in the kitchen we will use? If not, should we make a list to put up?

Before you start each session:

- Ask if everyone liked the last recipe and what would they suggest to make things work better next time.
- It may be a good idea to keep a record of attendance.
- Check to make sure you have all the ingredients.
- Ask people to bring cooking utensils or equipment from home if it is not readily available in the facility you are using.
- You may need to make copies of the recipe for everyone to see. It is a good idea to use plastic page protectors to keep the recipes clean.
- A planning meeting may be useful because it allows time to make a shopping list, find ingredients to substitute to lower fat or cost and estimate the costs of the food to stay within the budget.
- Keep track of ingredients you have on hand to make sure they do not expire and so you know when you will need more.

Great ideas for keeping things fun and interesting:

- You can find healthy recipes online on many of the recommended sites listed in this guide.
- Try doing some activities with other organizations in the community- cook a meal for children in the school one day and spend some time with them, or invite them to join you and learn some great classic recipes from the group.

- Sharing recipes and knowledge with people of different ages and ethnic backgrounds is a great way to connect with the community.
- Contact your local health centre or public health office to get set up with a community dietitian or education on proper nutrition for older adults or chronic conditions like diabetes.
- Ask local businesses for a discount or donation when buying supplies.
- Incorporate other social activities into the group for fun– go out for a healthy snack that someone else prepares when you are done.
- Keep a file of suggested recipes and ones that have been used (could be used in the future to fundraise with a cookbook or a nice gift to present to everyone in the group).



...Start a Community Garden

What is a community garden?

A community garden combines the growing of good food with family fun and outings. People in the community get together to plan and support each other in planting, weeding and harvesting.



Go to the following websites for information on community gardens:

Food Share

<http://www.foodshare.net/garden01.htm>

CHEP Good Food Inc.

www.chep.org

How to get started:

1. Form a planning committee.

- Start by having a meeting for people who are interested in organizing the community garden.
- Many garden groups are organized very informally and operate successfully. Participants will suggest ideas and carry out tasks.
- However, as the work load expands, it often becomes easier to have formal structure and leadership in place.

The planning committee needs to:

- Plan a gathering for everyone who is interested in participating in the community garden. Advertise in local newsletters and businesses. Again, word of mouth is a great way to spread the news.
- Make a list of what needs to be done and questions to ask the participants of the group.
- Decide how money will be raised. Consider asking a sponsor to contribute land, tools, seeds, fencing, soil improvements or money.
- Consider what fees will be charged for a membership.
- Draft a list of written rules for a participant contract in order to avoid conflict around maintenance and upkeep of the garden.

2. Choose a site.

- Identify the land owner.
- Make sure the site gets at least 6 full hours of sunlight each day.

- Do a soil test for nutrients and heavy metals.
- Consider how close a water source is.
- Try to get a lease or agreement to use the land for at least 3 years.

3. Prepare and develop the site.

- Organize volunteers and make a task list for clean up.
- Develop a design for the garden.
- Gather resources (tools, plants, etc). Try and find equipment for free, at a low cost or from sponsors.
- Find a place where tools and other equipment can be stored.
- Decide how big plots will be and label them with each gardener's name.
- Identify a place where garden events and messages can be posted.
- Detour vandals by making a sign, using fences, and getting to know people close by to keep a watch on the garden.



Questions to ask for organizing the garden:

- What are the conditions for membership (fees, rules)?
- How will plots be assigned? How large will they be?
- How will fees be used?
- What type of garden should it be...Vegetable? Flower? Organic?
- Will the group do some tasks together (turning soil in spring, composting)?
- Should the group meet on a regular basis? What will be discussed?
- Will everyone in the group share tools, hoses and other equipment?
- How will work be shared?
- Should there be a set of written rules? What would they be?



Great Ideas to Become More Physically Active With Your Community:

- Encourage active transportation for short trips (walk or bike instead of drive).
- Participate in fundraising walks such as the Terry Fox Run.
- Develop indoor/outdoor walking paths, convert local halls into walking areas, develop maps of walking paths around your community.
- Track out a cross country ski route or snow shoe route and promote local trails that already exist, identify a good slough or pond for skating and work together with your neighbors to keep it usable.
- Search out unused space and turn it into a group activity area.
- Encourage connections between the local seniors' organizations and other groups in the community such as the local recreation board or schools.
- Hold recognition activities for people making efforts in healthier lifestyles.
- Apply for national or provincial grants (examples of grants available on page 97).
- Ask your neighbors if they would be more physically active if there were more options available.





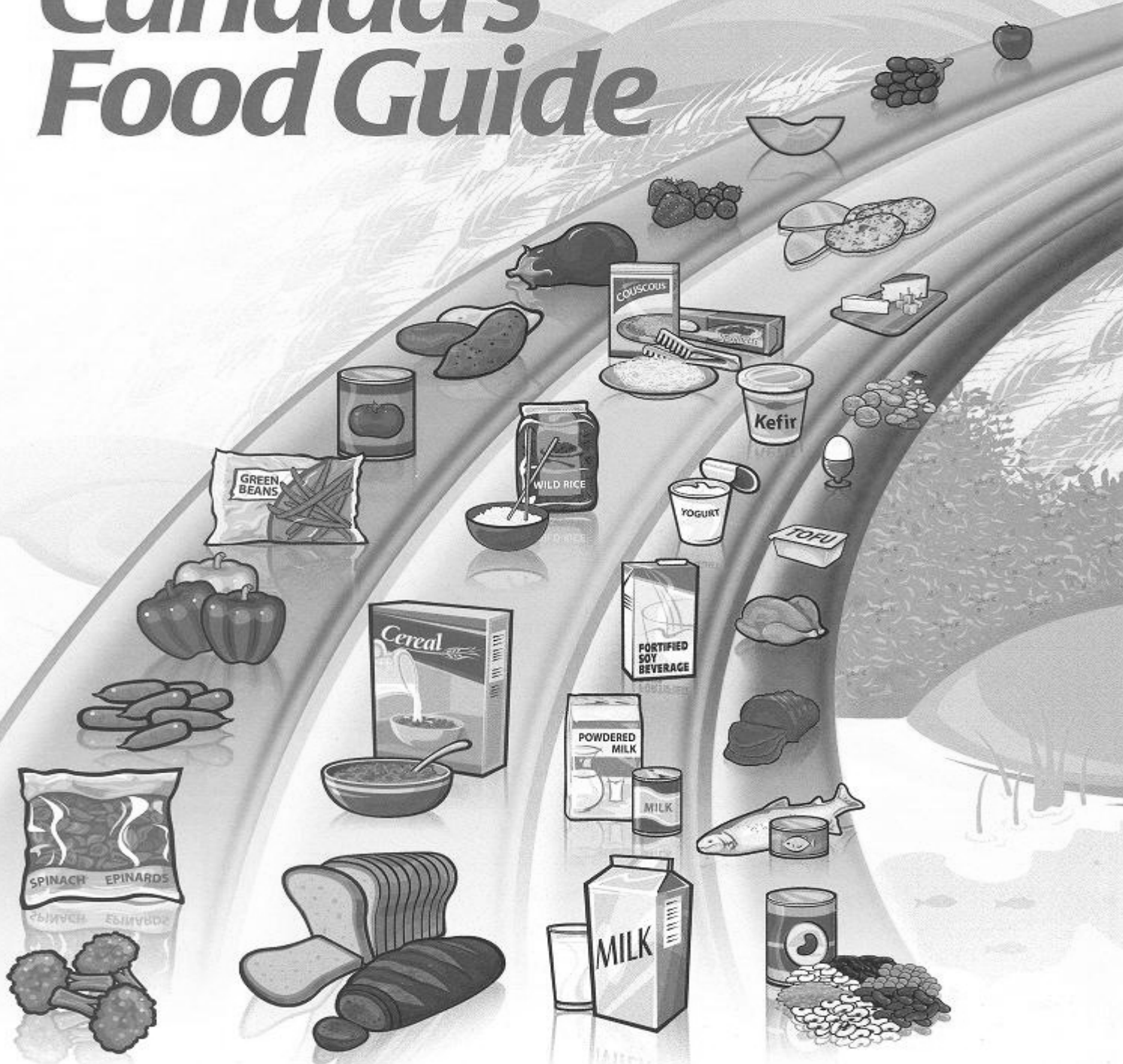
Health
Canada

Santé
Canada

Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

Eating Well with Canada's Food Guide



Eating Well with *Canada's Food Guide*

- Eat at least one dark green and one orange vegetable each day.
- Choose vegetables and fruit with little or no added fat, sugar or salt.
- Have vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
- Choose grain products that are lower in fat, sugar or salt.
- Drink skim, 1% or 2% milk each day. Drink fortified soy beverage if you do not drink milk.
- Select lower fat milk alternatives.
- Have meat alternatives such as beans, lentils and tofu often.
- Choose at least two Food Guide Servings of fish each week.
- Select lean meat and alternatives prepared with little or no added fat or salt.
- Include a small amount of unsaturated fat each day.
- Satisfy your thirst with water.
- Limit foods and beverages high in calories, fat, sugar or salt.

If you checked all 13 items, Congratulations!

If not, use the list to plan meals around the four food groups.

For more information go to: www.healthcanada.gc.ca/foodguide

To order copies of the new Canada Food Guide call:

1 (866) 225 – 0709 or email publications@hc-sc.gc.ca

Healthy Eating

Benefits of Eating Well

Nutrition contributes to good health and helps you to live an active and independent lifestyle. Health Canada outlines these additional benefits:

- Better overall health
- Lower risk of disease
- A healthy body weight
- Feeling and looking better
- More energy
- Stronger muscles and bones



Think Quality Not Quantity

Adults over 50 need a variety of vitamins and minerals in their diet but often their energy needs (caloric needs) are lower. Therefore, choose a variety of healthy foods from each of the four food groups and limit high calorie foods such as:

- Desserts and sweets
- High fat snacks like chips and chocolate
- Sugary beverages like punch, pop or coffee/tea with too much sugar.

Eating Well with Canada's Food Guide

How much you should be eating is based on your age and gender. Try to plan meals and snacks that provide you with the minimum number of servings from each food group. Use the chart below to see how many servings you should be eating every day.

	19 – 50 Years		51 + Years	
	Male	Female	Male	Female
Vegetables & Fruit	8 - 10	7 - 8	7	7
Grain Products	8	6 - 7	7	6
Milk & Alternatives	2	2	3	3
Meat & Alternatives	3	2	3	2

Examples of one food guide serving are:

Vegetables and Fruit

- 250 ml (1 cup) leafy raw vegetables or salad
- 1 piece of fruit

Grain Products

- 1 slice (35 g) bread or ½ bagel (45 g)
- ½ pita (35 g) or ½ tortilla (35 g)
- 125 ml (½ cup) cooked rice, pasta, or couscous
- 30 g cold cereal or 175 ml (¾ cup) hot cereal

Milk and Alternatives

- 250 ml (1 cup) milk or fortified soy beverage
- 175 g (¾ cup) yogurt
- 50 g (1 ½ oz.) cheese

Meat and Alternatives

- 75 g (2 ½ oz.)/125 ml (½ cup) cooked fish, shellfish, poultry or lean meat
- 175 ml (¾ cup) cooked beans
- 2 eggs
- 30 ml (2 Tbsp) peanut butter



Vitamin D₃

The need for vitamin D₃ increases after the age of 50. Both calcium and vitamin D₃ are important for bone health and to decrease the risk of osteoporosis and fractures in older adults.

Canada's Food Guide recommends at least 500 ml (2 cups) of fluid milk each day to help obtain adequate vitamin D₃. Other food sources of vitamin D₃ include egg yolks, fortified yogurts, margarine and fish like salmon and tuna.

Osteoporosis Canada recommends everyone over age 50 take a daily vitamin D₃ supplement of 800-2000 International Units (IU). **Routine vitamin D₃ supplementation for all Canadian adults is recommended year round.**

Beverages

Satisfy your thirst with water. Drinking water throughout the day helps to keep our bodies hydrated. You need to drink more water when being active and in hot weather.

All liquids contribute to your fluid needs such as tea, coffee, soup, juice, pop and milk.

Drink water before, during and after exercise. You may not always get thirsty but sip on water throughout the day.

It is often easiest to bring water bottles with you to exercise programs. The best bottles are hard plastic that can be washed regularly. Purchased bottles of water are not made of strong plastic and are not meant to be reused.



Planning Meals: Variety and Balance



A healthy diet is essential to feeling well and enjoying life to the fullest. Recent surveys show that most seniors do not eat enough grain products, milk products, vegetables and fruits. Eating too little of those foods can leave you tired, more prone to illness and perhaps even at increased risk of heart disease, cancer, diabetes and osteoporosis. Healthy eating starts with following Eating Well with Canada's Food Guide. You can get a copy of the guide by calling 1-800 O-Canada (1 800 622-6232) or by visiting www.healthcanada.gc.ca/foodguide

Enjoy a variety of nutritious foods

Be adventurous. Try something new each week, whether it is a new fruit, vegetable or grain product. Who knows—you may find a new favourite.

Eat more grain products to provide energy and fibre

- Have a bowl of cooked cereal (like oatmeal) or high fibre ready-to-eat cereal for a meal or snack.
- Enjoy a small whole grain or bran muffin for a snack, or with cheese and fruit as a mini-meal.
- Try brown rice in casseroles and soups.
- Eat whole grain bread/buns/bagels/muffins, whole wheat pastas and brown or wild rice.
- Try other grains such as bulgur, barley, quinoa or couscous.

Eat more vegetables and fruits for a powerful punch of nutrients

- Keep a package of frozen berries in your freezer to sprinkle on your cereal.
- Start lunch off with a bowl of low sodium tomato or vegetable soup, a salad or some raw vegetables.
- Make a vegetable stir-fry. Add some grated cheese and black beans, and you have an instant supper.

- Toss a handful of frozen vegetables (or leftovers) into soups and casseroles.
- Craving candy? Try some healthy dried fruit instead. Enjoy 60 mL (1/4 cup) of raisins, dates, dried apricots, prunes or dried apples.
- Enjoy a baked apple or fruit crisp.
- Take advantage of seasonal specials. Buy strawberries, peaches, pears and asparagus when they are in season.
- Enjoy 125 mL (1/2 cup) real fruit juice every day.

Eat more dairy products and other calcium rich foods to keep bones healthy

- Use grated cheese on salads, casseroles or soups.
- Add milk instead of water to canned soup.
- Drink a glass of skim or one per cent milk as a bedtime snack.
- Add skim milk powder to sauces, soups, casseroles and omelettes.
- Melt cheese on toast for a change from butter and jam.
- Enjoy low-fat pudding (make with skim or 1% milk) or yogurt for dessert.
- Make a "latte" by mixing half a cup of coffee with half a cup of warmed milk.

- Have a salmon or sardine sandwich, or add fish to salads.
- Sprinkle almonds on salads, casseroles and puddings.

Choose leaner meats and lower fat products

- Choose lean cuts of meat, such as round, flank and loin. Enjoy poultry, fish and seafood more often.
- Trim all visible fat from meats before cooking. Remove skin from poultry.
- Enjoy meatless meals more often. Try eggs, tofu, peanut butter, beans or lentils.

Oils and fats

Choose lower fat foods more often, but remember that some fat is essential in the diet. Choose unsaturated fats like oil, non-hydrogenated margarine or mayonnaise instead of saturated fats like butter and lard. Avoid trans fats from hydrogenated oil, hard margarine and shortening.

Use salt, caffeine and alcohol in moderation

- Try using pepper and other herbs rather than salt.
- Cook without adding salt.
- Choose “lower in salt” products.
- Eat fewer canned foods, crackers, processed meats and other packaged products.
- Drink no more than 2 cups of drip coffee or no more than 4 cups of instant coffee per day.
- Alternate cups of coffee with cups of hot water or milk. Perhaps what you really like is something hot to drink.
- Try decaffeinated teas and coffees or, better yet, fruit juice or cold water.
- Limit your alcohol to no more than one drink a day.

For more nutrition information contact your local health unit, health centre or hospital. Or visit www.dietitians.ca

Cooking for One or Two People: Easy Meals to Make



Can't think of anything to eat? The following easy meals use ingredients you likely have on hand. When looking for quick ideas, don't limit your choices by thinking that certain foods can be enjoyed only at certain mealtimes. For example, breakfast foods work for lunch or supper, too.

Breakfast

- Scrambled eggs, toast, orange juice.
- Pancakes, applesauce, milk.
- Waffles, yogurt, fruit.
- Oatmeal, milk, fruit.
- Whole grain or bran cereal, milk, fruit.
- French toast, fruit salad, milk.

Lunch

- Peanut butter and banana sandwich, milk.
- Beans on toast, tomato slices, milk.
- Macaroni and cheese dinner (add tuna and frozen or leftover peas).
- Tuna melt: mix tuna, celery, mayonnaise and shredded cheese, spread on buns and melt in oven.
- Canned low-sodium bean soup, whole wheat roll, yogurt.
- Yogurt, cantaloupe slice, muffin.
- Bananas and milk in bowl, bran muffin.
- Cheese omelette, whole wheat toast, tossed salad.
- Low sodium vegetable soup, whole grain crackers with cheese, apple.
- Chicken or turkey slices, tomato slices and lettuce on whole wheat bread, milk.

- Cottage cheese, fruit salad, small bran muffin.
- Broiled open face cheese and tomato sandwich, baked apple.
- Salad with chopped egg, cold meat or grated cheese, bun, yogurt.
- Egg salad sandwich, carrot sticks, milk.

Supper

- One-pot casserole. Put these together, and bake:
 - ✓ One part meat, poultry or beans
 - ✓ Two parts vegetables (e.g. peas, carrots, tomatoes or celery)
 - ✓ Two parts rice, macaroni or noodles
 - ✓ Sauce to moisten (e.g., low sodium canned cream soup, tomato sauce).
- Salmon, rainbow trout, halibut or other baked fish with side-dishes of broccoli and whole wheat pasta.
- Beef stew (stewing beef, broth, potatoes, carrots), whole wheat bread or roll, milk.
- Chicken breast, sweet potatoes, cauliflower, milk.
- Pasta, tomato or meat sauce, green salad, milk.
- Meat loaf baked in muffin tins (ground beef, chopped onion, spices) baked potato, mixed vegetables, pudding.

- Chicken or tuna casserole (cooked chicken, broccoli, sodium reduced mushroom soup), milk.
- Salmon chowder (salmon, creamed corn and evaporated milk), whole grain toast.
- • Meatless chili (kidney beans, tomato sauce, chili powder) on rice, banana.
- • Chili, whole-wheat bun, carrot sticks, yogurt.
- • Stir-fries (any fresh or frozen vegetables with small pieces of chicken, beef, pork or peanuts, soy sauce) on rice or noodles, milk.
- • Lentil soup, mixed green salad, toast and cheese.
- • Flatbread pizza – tomato sauce, vegetables and mozzarella cheese baked on pita, tortilla or naan.

Fact sheet adapted from Leduc-Strathcona and Mount View Health Units.

Vegetable Chowder with Cheddar

Makes 6 1-cup (250 mL) servings

- 1 tbsp (15 mL) vegetable oil
- 1 small onion, chopped
- 1 cup (250 mL) diced carrots
- ½ cup (125 mL) diced celery
- 1 cup (250 mL) diced peeled potato
- 3 cups (750 mL) chicken or vegetable broth
- 1 cup (250 mL) hot milk or evaporated milk
- Pinch cayenne pepper
- Salt and freshly ground black pepper
- 1 cup (250 mL) whole wheat croutons
- ½ cup (125 mL) shredded Cheddar cheese

In a large saucepan, heat oil over medium heat. Sauté onion, carrots and celery until tender, about 5 minutes. Stir in potato. Add broth and bring to a boil. Reduce heat, cover and simmer for 25 minutes or until vegetables are just soft. Stir in milk, cayenne pepper and salt and pepper to taste. Ladle into warmed bowls and garnish with croutons and cheese.

Recipe reprinted with permission of Dietitians of Canada from *Simply Great Food*, published by Robert Rose Inc, 2007

Cooking for One or Two People: Your Emergency Food Shelf



Having an emergency shelf stocked with non-perishable foods is a big help if you can't get out to the store. You can plan quick and creative meals with just a few basic items. Even though these foods will last for a long time on the shelf, it is a good idea to use and replace them occasionally. Items stored in the freezer should be used within two to three months.

Suggested Items to have on hand

Vegetables and Fruit

- Canned or frozen fruits and vegetables.
- Canned, boxed or frozen juice.
- Dried fruit (raisins, dates, apricots).
- Sodium-reduced canned soup (mushroom, vegetable, tomato).
- Canned or bottled pasta sauces.

Grain Products

- Frozen whole grain bread, rolls, muffins.
- Crackers, melba toast, breadsticks.
- Enriched or whole grain pasta.
- Enriched or brown rice.
- Biscuit mix.
- Hot cereals (oatmeal, cream of wheat).
- Ready-to-eat cereals.
- Flour.

Milk and Alternatives

- Canned evaporated milk.
- Dried skim milk powder.
- Instant pudding mix or ready-made puddings.

Meat and Alternatives

- Canned salmon, tuna, chicken, sardines, ham.
- Canned beans, stew, chili.
- Dried or canned lentils and beans.
- Peanut butter.
- Nuts.
- Frozen meat, poultry, fish.
- Frozen dinners.

Other

- Sugar
- Baking powder
- Baking soda
- Low sodium bouillon
- Coffee/ Tea

Making Meal Time Special

- Use your good china or candles.
- Play some music.
- Start a new tradition and ease the suppertime crunch for working children or busy grandchildren. Cook family favorites for a meal together.
- Share cooking skills with grandchildren and inspire them to be independent in the kitchen.
- Arrange social gatherings with friends where everyone can take turns or share meal preparations and eat together.

Take 3 steps to better health

1. Eat the recommended amount and types of food each day.
2. Limit foods and beverages high in calories, fat, sugar or salt (sodium).
This is important to maintaining a healthy weight and reducing our risk of obesity, type 2 diabetes, heart disease and certain types of cancer.
3. Try and be active every day.

Useful Cookbooks

These cookbooks are available through the Saskatoon Public Library:

Simply Great Food

250 quick, easy & delicious recipes

Patricia Chuey, MSc, RD, Eileen Campbell and Mary Sue Waisman, MSc, RD (2007)

The New Canadian Basics Cookbook

Carol Ferguson with Murray McMillan (1999)

125 Best Microwave Oven Recipes

Johana Burkhard (2004)

400 Best Comfort Food Recipes

Johanna Burkhard (2006)

Fast & Easy Cooking

Johanna Burkhard (1998)

Healthy Eating for Seniors

BC Ministry of Health

Handbook with information to help seniors make healthy eating choices. Included are recipes, nutrition knowledge, tips to stay active, and stories from other seniors.



Order from The Queen's Printer (Victoria, BC)
Phone: 1 (250) 387 - 3309
Email: QPPublications@gov.bc.ca

The Basic Shelf Cookbook

Canadian Public Health Association.
Revised and updated 1994.
Price \$7.50

This cookbook is recommended for seniors living alone on a limited budget, with limited storage space, or unable to shop for groceries often. The recipes are made from one list of low cost, nutritious ingredients which can be kept for a long time without refrigeration.

Order online from the Canadian Public Health Association.

Website: <http://www.cpha.ca/en/publications/pubs.aspx>

Living Simply

By Association of Saskatchewan Home Economists (Saskatoon).

This cookbook offers easy recipes for first time cooks. It is a great handbook for anyone who is assuming household tasks that are unfamiliar to them. Included is practical information on basic skills such as cooking meals, grocery shopping, storing food, cleaning, and laundry. It gives suggestions for dealing with loneliness, settling estates, handling money and basic vehicle care and upkeep.

Price: \$10.00 (Postage is an additional \$10)

To order phone: (306) 652-2255

Pick up available at The Saskatoon Council on Aging
301-506 25th Street East, Saskatoon Community Village (Next to the YWCA)

The following pages describe the key nutrients in each food group. They recommend the number of servings for females and males 51 years and over. Keep track of what you eat in each group so you can see what you should be eating more or less of each day.

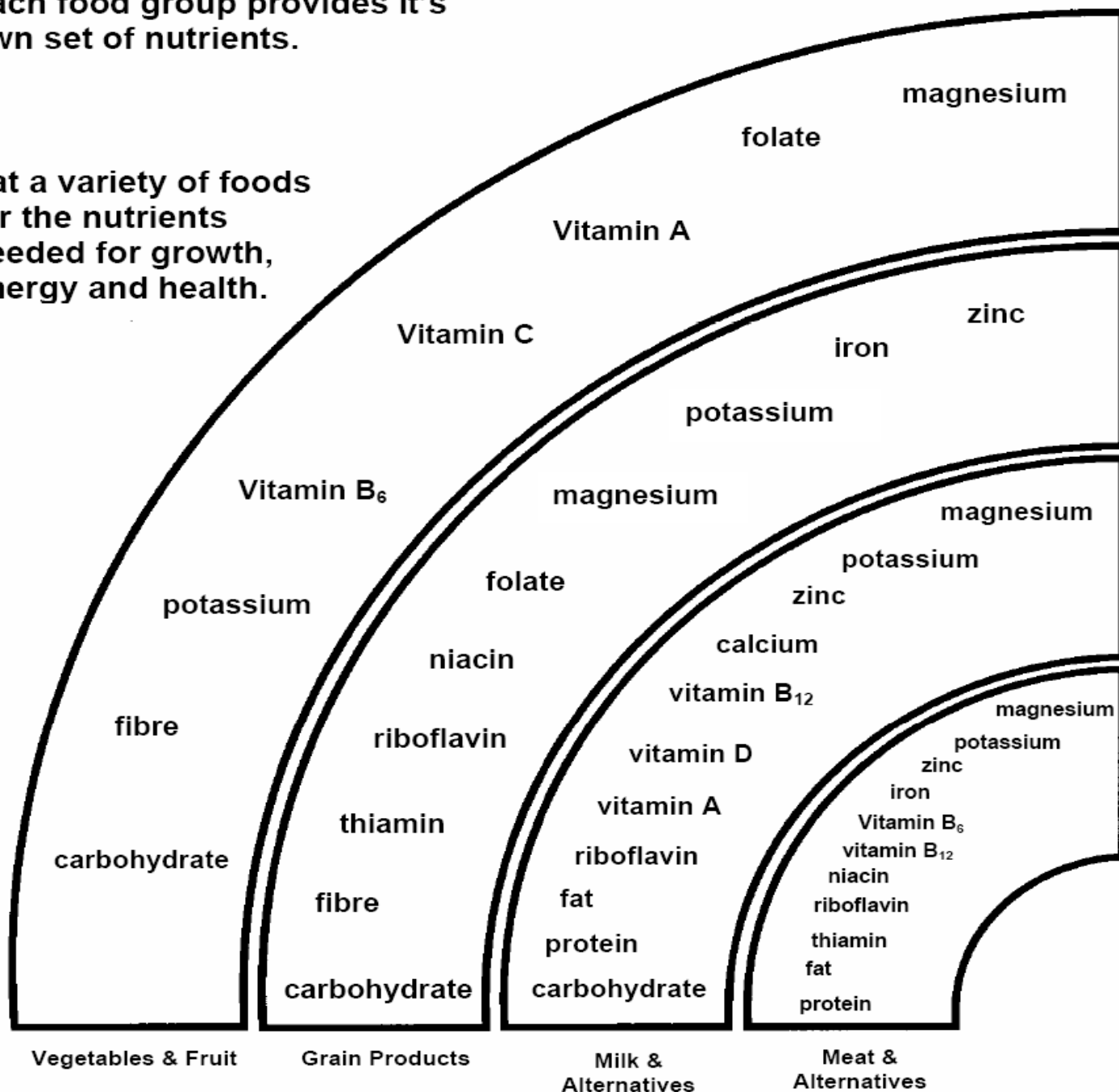


Key Nutrients

to *Eating Well with Canada's Food Guide*

Each food group provides its own set of nutrients.

Eat a variety of foods for the nutrients needed for growth, energy and health.





Public Health Services

Eating Well with Canada's Food Guide for females 51+ years old

**List the foods you eat for 1 day
for each food group.**

**Eat a variety of
foods each day
from all 4 food
groups for growth,
energy and health.**

The graphic is a large rainbow with four distinct bands. Each band is a curved shape that tapers towards the right. Inside each band, there are several horizontal lines for writing. From top to bottom, the bands are: 1. The outermost band (top), 2. The second band from the top, 3. The third band from the top, and 4. The innermost band (bottom).

**Vegetables & Fruit
7 Servings/Day**

**Grain Products
6 Servings/Day**

**Milk & Alternatives
3 Servings/Day**

**Meat & Alternatives
2 Servings/Day**



Public Health Services

Eating Well with Canada's Food Guide for males 51+ years old

List the foods you eat for 1 day
for each food group.

Eat a variety of
foods each day
from all 4 food
groups for growth,
energy and health.

The form consists of four curved, overlapping sections arranged from left to right, each representing a food group. Each section contains several horizontal lines for writing. The sections are: Vegetables & Fruit (7 Servings/Day), Grain Products (7 Servings/Day), Milk & Alternatives (3 Servings/Day), and Meat & Alternatives (3 Servings/Day).

Vegetables & Fruit
7 Servings/Day

Grain Products
7 Servings/Day

Milk & Alternatives
3 Servings/Day

Meat & Alternatives
3 Servings/Day

Resources - Physical Activity

Aquatics

Aquamotion I

Locations:

Harry Bailey Aquatic Centre, 1110 Idylwyld Drive North
Lakewood Civic Centre, 1635 McKercher Drive
Lawson Civic Centre, 225 Primrose Drive
Shaw Centre, 122 Bowlt Crescent

Phone:

Harry Bailey Aquatic Centre: (306) 975-3321
Lakewood Civic Centre: (306) 975-2944
Lawson Civic Centre: (306) 975-7873
Shaw Centre: (306) 975-7744

Website: www.saskatoon.ca

Contact: Facility Staff

Availability: Program dates and times are seasonal; please check current Leisure Activities Guide or website for information.

Program Description:

- Exercise in waist to chest deep water using a variety of equipment
- No swimming ability required
- Increase your strength and endurance
- Increase your physical abilities today!

Fees: Membership, leisure card or drop-in



Aquamotion II

Locations:

Harry Bailey Aquatic Centre, 1110 Idylwyld Drive North
Lakewood Civic Centre, 1635 McKercher Drive
Shaw Centre, 122 Bowlt Crescent

Phone:

Harry Bailey Aquatic Centre: (306) 975-3321
Lakewood Civic Centre: (306) 975-2944
Shaw Centre: (306) 975-7744

Website: www.saskatoon.ca

Contact: Facility Staff

Availability: Program dates and times are seasonal; please check current Leisure Activities Guide or website for information.

Program Description:

- This level of Aquamotion increases the intensity
- Increase your fitness ability and have fun

Fees: Membership, leisure card or drop-in



Aqua Boxercise I

Locations:

Lakewood Civic Centre, 1635 McKercher Drive
Lawson Civic Centre, 225 Primrose Drive
Harry Bailey Aquatic Centre, 1110 Idylwyld Drive North

Phone:

Lakewood Civic Centre: (306) 975-2944
Lawson Civic Centre: (306) 975-7873
Harry Bailey Aquatic Centre: (306) 975-3321

Website: www.saskatoon.ca

Contact: Aquatics Coordinator/Facility Staff

Availability: Program dates and times are seasonal; please check current Leisure Activities Guide or website for information.

Program Description:

- This exercise program uses boxing techniques in the water
- Footwork, sparring and cardiovascular components
- Increase your reaction time and endurance
- A great whole body workout!

Fees: Membership, leisure card or drop-in



AquaFit

Location: YMCA of Saskatoon, 25- 22nd Street East

Phone: (306) 652-7515

Email: ymca@ymcasaskatoon.org

Website: www.ymcasaskatoon.org

Contact: Facility Staff

Availability: Schedule is seasonal so please call or check website for information.

Program Description:

- Fitness with NO swimming experience necessary! Have a great work out while improving flexibility and toning muscles.
- A transitional water workout utilizing the various depths of the pool for all levels. The class includes a warm up, cardio section, muscle sculpt section with equipment, deep water work and a cool down.

Fees: Membership and/or drop-in



Aqua Step

Location: YMCA Saskatoon, 25-22nd Street East

Phone: (306) 652-7515

Email: ymca@ymcasaskatoon.org

Website: www.ymcasaskatoon.org

Contact: Facility Staff

Availability: Schedule is seasonal so please call or check website for information

Program Description:

- A challenging workout in both shallow and deep water.
- This workout is great for those who want a more intense workout! Great for all ages and swimming abilities.

Fees: Membership and/or drop-in



Aqua Walk

Locations:

Shaw Centre, 122 Bowlt Crescent
Lakewood Civic Centre, 1635 McKercher Drive

Phone:

Lakewood Civic Centre: (306) 975-2944
Shaw Centre: (306) 975-7744

Website: www.saskatoon.ca

Contact: Facility Staff

Availability: Program dates and times are seasonal; please check current Leisure Activities Guide or website for information.

Program Description:

- Self-directed activity to tone your muscles and improve cardiovascular health
- Should have some knowledge of exercise techniques
- A great way to get out into the water and have fun!

Fees: Membership, leisure card or drop-in



Aqua Yoga

Location: YWCA Saskatoon, 510-25th Street East

Phone: (306) 244-0944

Email: info@ywcaskatoon.com

Website: www.ywcaskatoon.com

Contact: Customer Service Desk

Availability: Program is seasonal

Program Description:

- All the benefits of land yoga but with the soothing effects of the water

Fees: Membership and/or drop-in



50+ and Better Aquatic fitness

Location: YWCA Saskatoon, 510-25th Street East

Phone: (306) 244-0944

Email: info@ywcaskatoon.com

Website: www.ywcaskatoon.com

Contact: Customer Service Desk

Availability: Schedule is seasonal so please call for information.

Program Description:

- An aquatic fitness program including muscle conditioning, endurance enhancing, flexibility training, relaxation inducing and coordination improving components
- This program is designed for older adults

Fees: Membership and/or drop-in



Deep Water Aquafitness

Location:

Harry Bailey Aquatic Centre, 1110 Idylwyld Drive North
Shaw Centre, 122 Bowlt Crescent

Phone:

Harry Bailey Aquatic Centre: (306) 975-3321
Shaw Centre: (306) 975-7744

Website: www.saskatoon.ca



Contact: Facility/Aquatics Staff

Availability: Program dates and times are seasonal; please check Leisure Activities Guide or website for information.

Program Description:

- Use floatation belts to provide support while you work out in the deep end
- A great workout that minimizes joint stress

Fees: Membership and/or drop-in

Gentle Aquamotion

Locations:

Lakewood Civic Centre, 1635 McKercher Drive

Lawson Civic Centre, 225 Primrose Drive

Phone: Lakewood Civic Centre: (306) 975-2944

Lawson Civic Centre: (306) 975-7873

Website: www.saskatoon.ca

Contact: Facility Staff

Availability: Program dates and times are seasonal; please check current Leisure Activities Guide or website for information.

Program Description:

- Uses the buoyancy of water (waist to chest deep) to reduce stress on joints
- Class teaches movements to strengthen muscles and improve mobility
- Aquafit classes are limited to only 34 participants at one time, so hurry in to register!

Fees: Membership, leisure card or drop-in



Master's Swim

Location: Physical Activity Complex, 87 Campus Drive

Phone: (306) 966-1003

Website: <http://kinesiology.usask.ca/community-programs>

Contact: Aquatics Coordinator: Kim Jones

Availability: Schedule is seasonal so please call or check website for information.

Program Description:

- This fitness program is for adults 18+ and is based on a speed swimming workout
- Recreational or competition if you desire
- All abilities are welcome
- A great way to meet people and stay in shape!

Fees: Registration



Private Swimming Lessons

Location:

Harry Bailey Aquatic Centre, 1110 Idylwyld Drive

Lakewood Civic Centre, 1635 Mckercher Drive

Lawson Civic Centre, 225 Primrose Drive

Shaw Centre, 122, Bowlt Crescent

Phone:

Harry Bailey Aquatic Centre: (306) 975-3321

Lakewood Civic Centre: (306) 975-2944

Lawson Civic Centre: (306) 975-7873

Website: <http://www.saskatoon.ca>

Contact: Facility staff



Availability: Upon request

Fees: Contact Facility for more information.

Serious Seniors

Location: YWCA Saskatoon, 510-25th Street East

Phone: (306) 244-0944

Email: info@ywcaskatoon.com

Website: www.ywcaskatoon.com

Contact: Aquatics Coordinator/Facility Staff

Availability: Schedule is seasonal so please call or check website for information.

Program Description:

- An aquatic fitness class for the older adult
- Enjoy all the benefits of a fitness class in a fun and friendly atmosphere

Fees: Membership and/or drop-in



Senior-Serious About Swimming

Location: YWCA Saskatoon, 510-25th Street East

Phone: (306) 244-0944

Email: info@ywcaskatoon.com

Website: www.ywcaskatoon.com

Contact: Community and Facilities Coordinator

Availability: Summer (July and August)

Program Description:

- Always wanted to learn how to swim – here is your chance!
- This drop in program will help you learn to float, glide and swim in a safe and comfortable environment

Fees: Free – no membership necessary



Stroke Improvement

Location:

YWCA of Saskatoon, 510 – 25th Street East

Shaw Centre, 122 Bowlt Crescent

Harry Bailey Aquatic Centre, 1110 Idylwyld Drive

Phone:

YWCA of Saskatoon: (306) 244-0944

Shaw Centre: (306) 975-7744

Harry Bailey Aquatic Centre: (306) 975-3321

Email: info@ywca.saskatoon.com

Website: www.ywcaskatoon.com

Contact: Customer Service Desk

Availability: Schedule is seasonal

Program Description:

- Improve your swimming strokes
- Learn the proper techniques used when swimming
- Utilize the correct type of stroke when required
- Learn and be apart of swimming drills

Fees: Registration



Dance

Adult Ballet

Location: Jaspar Academy of Dance, 2917 Early Drive

Phone: (306) 955-0030

Availability: September- May

Monday and Thursday evening.

Call for more information.



Ballroom Dancing Club (U of S)

Locations:

Albert Community Centre, 610 Clarence Ave South

Grosvenor Park United Church, 407 Cumberland Ave South

Field House, 2020 College Drive

St. Joseph's Hall, 1006 Broadway Ave

Phone: (306) 652-2575

Email: ballroom.dance@usask.ca

Website: www.uofsbdc.com and www.facebook.com/uofsbdc.

Availability: Dates vary

- Membership required
- Check website or call for more information on classes

Fees: Membership

Belly Dance

Location:

DancEgypt Dance Co., Elks Hall, 508 12th Street East

The Refinery Arts and Spirit Centre, 609 Dufferin Avenue

Phone:

DancEgypt Dance Co.: (306) 384-9019

The Refinery Arts and Spirit Centre: (306) 653-3549

Email: DancEgypt Dance Co.: emantyka@shaw.ca

Website:

DancEgypt Dance Co.: www.dancegypt.com

The Refinery Arts and Spirit Centre: www.refineryonline.org/RefineryArtsSpiritCenter

Contact: Program Coordinator

Availability: Schedule is seasonal, please call for information.

Program Description:

- Designed to introduce students to foundational bellydance moves in the Egyptian and American Tribal style
- Various classes are available
- Classes are also progressive (Beginner, Intermediate and Advanced Technique)

Fees: Registration



Social Dance Beginner

Location: Buena Vista School- Gym

Email: bvcapics@yahoo.ca

Availability: Email for more information. Courses start up again in the Fall 2012. Fridays at 7:30pm-8:15pm

Fees: \$30.00 per couple

Social Dance Intermediate

Location: Buena Vista School- Gym

Email: bvcapics@yahoo.ca

Availability: Email for more information. Courses start up again in the Fall 2012. Fridays at 7:30pm-8:15pm

Fees: \$30.00 per couple

Oriental Dance

Location: Luther Special Care Home, 1212 Osler Street

Area: 2 – Varsity View

Phone: (306) 374-7745

Email: prokr@sasktel.net

Availability: Year Round, dates may vary.

- Flexible starting dates, first class free
- Watch for seniors group to start

Program Description:

- Creative dance experience
- Social, fun, and spiritual

Fees: Registration

Saskatoon International Folk Dance Club

Location: St. John's Anglican Cathedral, 816 Spadina Crescent East

Area: 3 – Central Business District

Phone: (306) 374-0005

Email: damcqueen@shaw.ca

Contact: Dorothy

Availability: Year Round, dates may vary

- Must have moderate mobility
- No weekly fee June - August in Kiwanis Park
- 1 hour instruction, 2 hours of request dancing

Fees: \$132.00 per year or \$5.00 Drop-in fee, but your first visit is free.



Evening Dances

Cosmopolitan Seniors Citizens Center

Location: 614 11th Street East

Phone: (306) 652-9766

Availability: Wednesdays nights at 7:30 pm

Fees: \$10.00 charge applies

Fairfield Seniors Centre

Location: 103 Fairmount Court

Phone: (306) 382-1689

Availability: Fridays

- Do not have to be a member to participate

Fees: Membership



Royal Canadian Legion – Nutana #362

Location: 3021 Louise Street

Phone: (306) 374-6303



Email: nutana.legion@sasktel.net

Website: www.nutanalegion.ca/index.shtml

Availability: Year Round.

Saturday (8:00 pm -12:00 am), Sunday (4:00 – 7:00 pm)

- Membership required or guest of member

Program Description:

- Held in Legion Lounge, live band music

Fees: Membership

Round Dance

Karousel Round Dance Club

Location: Albert Community Centre, 610 Clarence Avenue South

Phone: (306) 290-5486

Website: <http://sksquaredance.ca/zone3.html#5>

Contact: Ruby Kullman, instructor

Availability: September- April, Friday (7:00 pm)

Program Description:

- Beginners, single, couples welcome
- Social events, coffee and refreshments
- Open to all ages.

Fees: Membership

Oval M's Round Dance Club

Location: St. Paul's United Church, 454 Egbert Avenue

Phone: (306) 290-5486

Website: <http://sksquaredance.ca>

Contact: Ruby Kullman, instructor

Availability: September- April, Wednesday (7:00 pm)

Program Description:

- Intermediate to advanced, singles and couples welcome
- Social events, coffee and refreshments
- Open to all ages.

Fees: Membership



Square Dance

Cotton Capers Square Dance Club

Location: All Saints Hall, 1801 Lorne Avenue

Phone: (306) 373-9095

Website: <http://sksquaredance.ca>

Contact: Blair Wollms

Availability: September- April

2nd, 4th and 5th Saturday each month (8:00 pm)

- An instructor is present. Everyone welcome

Fees: Membership and/or drop-in

Swinging Stars

Location: All Saints Anglican Church Hall, 1801 Lorne Avenue

Phone: (306) 373-9095

Website: <http://sksquaredance.ca/zone3>

Contact: Blair and Linda Wollms

Availability: October-April

Program Description:

- Singles club, couples are also welcome

Fees: Membership and/or drop in

General Fitness Centres

Fitness for \$10

Location: 2414 8th Street E (306) 955-0721

Phone: (306) 652-1010

Website: <http://www.fitnessfor10.com/index.php>

Contact: Facility Staff

Availability: Facility hours may vary, please call for more information.

- Classes are available for all ages

Fees: Membership



CBI Fitness Centre

Location: 3118 Laurier Drive

Phone: (306) 978-1025

Availability: Facility hours may vary, please call for information.

- Rehabilitation facility, access to exercise therapist
- Membership to gym available

Fees: Membership



Cosmo Civic Centre

Location: 3130 Laurier Drive

Phone: (306) 975-3344

Contact: Facility Staff

Availability: Facility hours are seasonal, so please check Leisure Activities Guide for current hours.

- Fitness room, raquetball and walleyball
- Fitness classes available (many are listed in this guide)

Fees: Membership, leisure card or drop-in



Curves for women

Location:

3010 Arlington Avenue (306) 665-3339

702 Duchess Street (306) 665-3363

Bay T, 3322 Fairlight Drive (306) 383-3376

#10 410 Ludlow Street (306) 668-7778

Availability:

- Facility hours may vary, please call for information.
- Circuit based training, ½ hour workout
- Gradually build up strength in relaxed atmosphere

Fees: Membership



First Step Fitness

Location: 1003 8th Street East

Phone: (306) 653-7837

Availability: Facility hours may vary, please call for more information.

- Women's facility only
- Circuit based training, each work out is ½ hour
- Personalized programs available to gradually build up strength

Fees: Membership

Harry Bailey Aquatic Centre

Location: 1110 Idylwyld Drive

Phone: (306) 975-3321

Contact: Facility Staff

Availability: Facility hours are seasonal, so please check Leisure Activities Guide for current hours.

- Fitness room and pool
- Fitness classes available (many are listed in this guide)

Fees: Membership, leisure card or drop-in



Lakewood Civic Centre

Location: 1635 McKercher Drive

Phone: (306) 975-2944

Contact: Facility Staff

Availability: Facility hours are seasonal, so please check Leisure Activities Guide for current hours.

- Fitness room, public gym, indoor playground, childcare, pool
- Fitness classes available (many are listed in this guide)

Fees: Membership, leisure card or drop-in



Lawson Civic Centre

Location: 225 Primrose Drive

Phone: (306) 975-7873

Contact: Facility Staff

Availability: Facility hours are seasonal, so please check Leisure Activities Guide for current hours.

- Fitness room, indoor playground, and pool
- Fitness classes available (many are listed in this guide)

Fees: Membership, leisure card or drop-in



Mawson Health and Fitness Centre

Location: 119 105th Street East

Phone: (306) 477-4273

Website: <http://mawson-fitness.com/>

Availability: Facility hours may vary, so please call for information.

- Personal training available to set up individualized program to meet your health and fitness needs
- Will work towards any goal, for example- bone strengthening, or rehabilitation after surgery

Fees: Membership

Mecca Fitness

Location: 309 Fairmont Drive

Phone: (306) 975-0755

Website: www.meccafitness.com

Availability: Facility hours may vary, so please call for information.

- Personal training available to set up individualized program to meet your health and fitness needs
- Group power and step classes available, beginners welcome
- Weekly orientations

Fees: Membership



Physical Activity Complex (PAC)

Location: 87 Campus Drive

Phone: (306) 966-1001

Website: www.usask.ca/kinesiology

Contact: Health and Fitness Coordinator

Availability: Facility hours are seasonal.

- Call or check website for current hours
- Fitness assessments: assess aerobic fitness, flexibility, muscular strength
- Fitness consult: exercise program is developed and taught

Fees: Membership and registration



Saskatoon Field House

Location: 2020 College Drive

Phone: (306) 975-3354

Contact: Facility Staff

Availability: Facility hours are seasonal, so please check Leisure Activities Guide for current hours.

- Track, fitness room, tennis & badminton courts, drop-in sports, and childcare
- Fitness classes available (many are listed in this guide)

Fees: Membership, leisure card or drop-in



Saskatchewan Senior's Fitness Association (SSFA)

Location: Various Locations

Phone: (306) 242 – 9452

Contact: Sheldon Kraus, President of SSFA

Website: www.ssfa.ca

Information:

- SSFA 55+ Games (Five Pin Bowling, Cribbage, Golf, Ice Curling, Kaiser, Lawn Bowling, Pickleball, Poetry/Short Story Writing, Scrabble, Shuffleboard (bank), Slo-Pitch, Snooker, Stick Curling, 8-Ball, Swimming, Table Tennis, Tennis, Track & Field, Whist)

- Walking Group – No particular time scheduled, we encourage everyone to walk as often as they can, indoors and outdoors.

Availability: Call for more information.

Fee: Membership (\$10.00) (participate in any or all activities). Depending on the activity there may be a small charge applied to non-members.

Shaw Centre

Location: 122 Bowlt Cres.

Phone: (306) 975-7744

Contact: Facility Staff

Availability: Facility hours are seasonal, so please check Leisure Activities Guide for current hours.

- Weight/fitness room with two floors of equipment featuring a new cardio theatre, aquatic centre with a 10-lane high performance competitive pool, six-lane warm-up pool, leisure pool with water slide and water toys, spectator seating, 3 lane walking/jogging track, cafeteria, multipurpose meeting room

- Fitness classes available (many are listed in this guide)

Fees: Membership, leisure card or drop-in



Terry Fox Track

Location: Sasktel Sports Centre, 150 Nelson Road

Phone: (306) 657-5757

Contact: Facility Staff

Availability:

Monday – Friday (8:00 am – 8:00 pm); Saturday – Sunday (10:00 am – 4:00 pm)

- Synthetic athletic sport surface designed for fitness walking and jogging activities

- Track has 2 lanes, distance of one lap is 365 metres

Fees: Leisure card or \$4.00 drop-in fee



YMCA of Saskatoon

Location: 25- 22nd Street East

Phone: (306) 652-7515

Contact: Facility Staff

Availability: Hours vary with season, so please check website or phone for current hours.

- Pool, gymnasium, squash & racquetball courts, and fitness centres

Fees: Membership or drop-in



YWCA of Saskatoon

Location: 510- 25th Street East

Phone: (306) 244-0944

Contact: Customer Service Desk

Availability: Hours vary with season, so please call or check website for more information.

- Weight room, pool and gymnasium

Fees: Membership or drop-in



General Fitness Programs

AM Energizer

Location: YWCA of Saskatoon, 510-25th Street East

Phone: (306) 244-0944

Email: info@ywca.saskatoon.com

Website: www.ywcasaskatoon.com

Contact: Customer Service Desk

Availability: Schedule is seasonal.

Program Description:

Active class geared towards the older adult.

This land-based program improves muscle conditioning, endurance level, flexibility, and coordination.

Fees: Membership and/or drop in.

Boxercise

Location:

Lakewood Civic Centre, 1635 McKercher Drive

Shaw Centre, 122 Bowlt Crescent

Phone:

Lakewood Civic Centre: (306) 975-7808

Shaw Centre: (306) 975-7744

Website: www.saskatoon.ca

Contact: Program Coordinator

Availability: Program dates and times are seasonal, please check current Leisure Activities Guide or website for information.

Program Description:

- Low impact cardiovascular workout using basic boxing techniques such as jabs, punches and kicks.

Fees: Membership, leisure card or drop-in



Boxercise II

Location:

Lakewood Civic Centre, 1635 McKercher Drive

Saskatoon Field House, 2020 College Drive

Phone:

Lakewood Civic Centre: (306) 975-7808

Saskatoon Field House: (306) 975-3354

Website: www.saskatoon.ca

Contact: Program Coordinator

Availability: Program dates and times are seasonal.

Program Description:

- Get Ready To Rumble!
- Footwork, sparring and cardio are the main components in this fast paced workout

Fees: Membership, leisure card or drop-in



Cardio & Sculpt I

Location:

Lakewood Civic Centre, 1635 McKercher Drive
Lawson Civic Centre, 225 Primerose Drive

Phone:

Lakewood Civic Centre: (306) 975-7808

Lawson Civic Centre: (306) 975-7808

Website: www.saskatoon.ca

Contact: Program Coordinator

Availability: Programs are seasonal.

Program Description:

- Combines a cardio workout with free weight introduction
- Non-intimidating and easy to follow

Fees: Registration



Functional Fitness

Location: Cosmo Civic Centre

Phone: (306) 975 - 3344

Contact: Shelly Smith

Availability: Call for more information.

Description:

- Builds strength, corrects posture and balance
- Utilizes stretching exercises and mild aerobic activity

Fees: Membership, leisure card or drop in.



Gentle Muscle Sculpt

Location: Lawson Civic Centre, 225 Primrose Drive

Phone: (306) 975-7808

Website: www.saskatoon.ca

Contact: Program Coordinator

Availability: Programs are seasonal

Program Description:

- Sculpt muscles through gentle movements
- Designed for participants 50+

Fees: Registration



Hi/Low Aerobics

Location: Saskatoon Field House, 2020 College Drive

Phone: (306) 975-3354

Website: www.saskatoon.ca

Contact: Program Coordinator

Availability: Program dates and times are seasonal.

Program Description:

- This aerobics class combines high and low impact moves for a great cardiovascular workout

Fees: Membership, leisure card or drop-in



Low Impact

Location: Saskatoon Field House, 2020 College Drive

Phone: (306) 974-7808

Website: www.saskatoon.ca

Contact: Program Coordinator

Availability: Program dates and times are seasonal, so please check current Leisure Activities Guide or website for information.

Program Description:

- Energetic low impact suitable for all fitness levels

Fees: Membership, leisure card or drop-in



Low Impact Aerobics

Holliston Community Association

Location: Studio 1 RP Dance (1821 Jackson Ave)

Phone: (306) 343-7777

Contact: Iris Wolfe

Email: Holliston Community Association: hollistonca@hotmail.com

Availability: September- May on Monday and Thursday mornings.

Program Description:

- Aerobics, weights, step routine

Fees: Membership or drop-in



Low Impact Aerobics

Location: YMCA of Saskatoon, 25- 22nd Street East

Phone: (306) 652-7515

Email: ymca@ymcasaskatoon.org

Website: www.ymcasaskatoon.org

Contact: Program Coordinator

Availability: Schedule is seasonal; please call for more information.

Program Description:

- A class designed for older adults and incorporates walking, muscle strength and stretching.
- It is a low intensity class for all abilities to try

Fees: Membership and/or drop-in



Low Impact & Sculpt

Location:

Lakewood Civic Centre, 1635 McKercher Drive

Lawson Civic Centre, 225 Primrose Drive

Phone: (306) 975-7808

Website: www.saskatoon.ca

Contact: Program Coordinator

Availability: Program dates and times are seasonal, so please check the current Leisure Activities Guide or website for information.

Program Description:

- Cardio-vascular, light weight training and flexibility

Fees: Membership, leisure card or drop-in



On the Ball

Location:

Lawson Civic Centre, 225 Primrose Drive
Saskatoon Field House, 2020 College Drive

Phone:

Lawson Civic Centre: (306) 975-7808
Saskatoon Field House: (306) 975-3354

Website: www.saskatoon.ca

Contact: Program Coordinator

Availability: Program dates and times are seasonal; please check the current Leisure Activities Guide or website for information.

Program Description:

- Total body workout using exercise balls

Fees: Membership, leisure card or drop-in



Pilates for 50+

Location: Saskatoon Pilates , 1801 Lorne Ave.

Phone: (306) 955-2965

Email: studio@saskatoonpilateshaw.ca

Website: <http://www.saskatoonpilates.ca>

Contact: Kathy Bond

Availability: Program dates and times are seasonal

Program Description:

- Connect the mind with the body for strength, control, stability and flexibility

Fees: Private or Group Classes

Smart Start Beginner Fitness

Locations:

Cosmo Civic Centre, 3130 Laurier Drive
Harry Bailey Aquatic Centre, 1110 Idylwyld Drive
Lakewood Civic Centre, 1635 McKercher Drive
Lawson Civic Centre, 225 Primrose Drive
Saskatoon Field House, 2020 College Drive
Shaw Centre, 122 Bowlt Crescent

Area: Various

Phone: (306) 975-7808

Website: www.saskatoon.ca

Contact: Program Coordinator

Availability: Programs are seasonal. Please call or check current leisure guide.

Program Description:

- One to one consultations, free motivational workshops, free learn-to classes and free nutrition workshops are also offered
- Classes Include: Learn To Spin, Learn To Step, Learn To On the Ball, Learn To Fitness yoga, Learn To Strength Train and Introductory To Lane Swimming

Fees: Program fees vary



Staying on Your Feet

Location: Jumps from Leisure Centre to Leisure Centre. Check current leisure guide for location

Phone: (306) 975-7873

Contact: Facility Staff

Availability: Facility hours are seasonal, so please check Leisure Activities Guide for current hours.



Program Description:

- 1 out of 3 adults over the age of 65 will fall this year. Prevent and prepare for a fall before it happens to you. A progressive exercise program to help you improve your balance, strengthen core muscles and educate you about preventing falls.

Fees: Membership, leisure card or drop-in

Stretch & Sculpt

Location: Saskatoon Field House

Phone: (306) 975-3345

Website: www.saskatoon.ca

Contact: Program Coordinator

Availability: Program dates and times are seasonal, so please check current Leisure Activities Guide or website for information.



Program Description:

- Focuses on core body strength, flexibility and posture.
- Each class uses a variety of resistance equipment to sculpt and strengthen muscles and basic yoga stretches to increase flexibility and provide relaxation.

Fee: Membership, leisure card or drop in.

Strollin' & Polin'

Location: Saskatoon Field House, 2020 College Drive

Phone: (306) 974-7808

Website: www.saskatoon.ca

Contact: Program Coordinator

Availability: Program dates and times are seasonal, so please check current Leisure Activities Guide or website for information.

Program Description:

- Pole walking with total body strength class. Led by a certified Personal Trainer

Fees: Registered Program

Urban Poling

Locations: Shaw Centre, 122 Bowlt Crescent

Phone: (306) 975-7744

Website: www.saskatoon.ca

Contact: Facility Staff

Availability: Program dates and times are seasonal, so please check the current Leisure Activities Guide or website for information.

Program Description:

- Pole walking with a warm-up and cool-down. Led by a certified personal trainer
- Indoor and outdoor (weather permitting)

Fees: Registration

Walk & Sculpt

Location: Lakewood Civic Centre, 1635 McKercher Drive

Phone: (306) 975-7808

Website: www.saskatoon.ca

Contact: Program Coordinator

Availability: Program dates and times are seasonal.

Program Description:

- Take a brisk walk followed by muscle strengthening routine using hand weights, tubing or other equipment

Fees: Membership, leisure card or drop-in



Weight Room – Initial Consultation

Location: YWCA of Saskatoon, 510- 25th Street East

Phone: (306) 244-0944

Email: info@ywca.saskatoon.com

Website: www.ywcasaskatoon.com

Contact: Customer Service Desk

Availability: Flexible.

Program Description:

- Strength training is part of prevention and treatment for osteoporosis, diabetes, obesity, arthritis and more
- Learn basics of strength training, increase strength, range of motion, overall health, individualized programs

Fees: Free (Members Only)



Zumba Gold

Location:

St. Paul United Church- 454 Egbert Ave (at the end of 105th St.)

Royal Canadian Legion 63- 606 Spadina Crescent West

Phone: (306) 290-6612

Email: kelly_dance_1@hotmail.com

Website: <http://zumbasaskatoon.com/zumba-gold>

Contact: Kelly

Availability:

St. Paul United Church (Monday 7:00- 8:00 pm- with Kelly and Anthony)

Royal Canadian Legion 63 (Thursday 6:45- 7:45 pm- with Kelly and Anthony)

Program Description:

- Designed for the active adult population or the true beginner (deconditioned) participants. It addresses the anatomical, physiological, and psychological needs specific to this population. It can also include a chair workout.

- The lower impact, slower paced, easy to follow, Latin inspired dance fitness party, that keeps you in the groove of life

Fees: Registration or drop in for \$10.00



Zumba® Gold-Toning

Location: Royal Canadian Legion 63- 606 Spadina Crescent West

Phone: (306) 290-6612

Email: kelly_dance_1@hotmail.com

Website: <http://zumbasaskatoon.com/zumba-gold>

Contact: Kelly

Availability: Tuesdays – 6:15pm – 7:15pm with Michelle and Kelly

Program Description:

- Takes the basic Zumba Gold® dance-fitness party and adds lightweight Zumba® Toning sticks to enhance muscle strength, tone, and endurance.

Fees: Registration or drop in for \$10.00



***Forever...in motion* Exercise Programs**

Forever...in motion exercise groups

- **Forever ...in motion** exists to build partnerships with housing and community facilities to facilitate physical activity opportunities for older adults.
- Provide physical activity programs for Older Adults in the community that are taught usually by peer leader volunteers that have taken the **Forever...in motion** training.
- These programs have a cardiovascular, muscular strength, balance and flexibility component to them to improve the health of older adults living in the community.

Being involved with **Forever...in motion** will provide:

- Access to resources (like incentives for group participants, information on physical activity and healthy eating, leadership training, resource guide with tools and helpful information and a quarterly newsletter).
- Assistance (professional development opportunities for program leaders, ideas to recruit more group members and education, identifying trained volunteers to lead programs).

The following sites are open to the public; other classes are for people living in that residence only. But we have **Forever...in motion** programs in 74 sites in the Saskatoon Health Region. Call (306)655-0829 to find out if your building is a **Forever...in motion** site or to find out how you too can become a **Forever...in motion** group.

Augustana Lutheran Church

Location: 1201 Broadway Ave.

Phone: (306) 373-6417

Contact: Margareth Peterson

Availability: September - May Tuesday mornings.

Program Description:

- **Forever...in motion** exercise group
- Cardio-vascular, endurance, flexibility, strength, relaxation

Fees: Call for details



Cosmopolitan Senior Citizens Centre

Location: 614 - 11th Street East

Phone: (306) 665-6095

Availability: September - May Tuesday and Thursday mornings.

Program Description:

- **Forever...in motion** exercise group
- Cardio-vascular, endurance, flexibility, strength, relaxation
- Instructor has extensive training
- Non members welcome, encouraged to join

Fees: Membership (\$5.00) and/or drop-in (\$2.50)



Emmanuel Baptist Church

Location: 1636 Acadia Drive

Phone: (306) 477-1234

Contact: Robin Sloboda

Availability: Sept – May Wednesday and Friday mornings.

Program Description:

- **Forever...*in motion*** exercise group open to the public

Fees: Call for information.

Fairfields Senior Centre

Location: 103 Fairmont Crescent

Phone: (306) 242-7308

Contact: Bill Down

Availability: Schedule varies, so please contact for more information.

Program Description:

- **Forever...*in motion*** exercise group open to the public

Fees: Call for information.

Fit after 50

Location: McClure United Church

Phone: (306) 955-7677

Contact: Linda Cooney

Availability: Schedule varies, so please contact for more information.

Program Description:

- **Forever...*in motion*** exercise group open to the public

- Also have a Scottish Country Dance Program

Fees: Call for information

Holliston Community Association

Location: Held at Studio 1 RP Dance (1821 Jackson Ave.)

Phone: (306) 343-7777

Contact: Iris Wolfe

Availability: Schedule varies, so please contact for more information.

Program Description:

- **Forever...*in motion*** exercise group open to the public

Fees: Call for information.

La Villa Bonheur

Location: 160 Meilicke Road

Phone: (306) 955-8232

Contact: Leona Perrey

Availability: Wednesdays 1-3pm. Program ends in June.

Program Description:

- **Forever...*in motion*** exercise group open to the public

Fees: Call for information



Lawson Civic Centre

Location: 225 Primrose Drive

Phone: (306) 975-7873

Availability: Seasonal and subject to change. Please call for more information

Program Description:

- **Forever...*in motion*** exercise group
- Exercises are focused on balance, stability and strength training

Fees: Registered Program, call for more detail

Mayfair United Church

Location: 902-33rd Street West

Phone: (306) 382-8152

Contact: Lois Morrison

Availability: September- May mornings

Program Description:

- **Forever...*in motion*** exercise group
- Cardio-vascular, endurance, flexibility, strength, relaxation
- Instructor has extensive training
- Non members welcome, encouraged to join

Fees: call for more information



Medicine Shoppe

Location: 511-33rd Street West #1

Phone: (306) 931-2999

Availability: Mon/Wed 1pm

Contact: Joan Cochrane

Program Description:

- **Forever...*in motion*** exercise group
- Cardio-vascular, endurance, flexibility, strength, relaxation

Fees: Call for more information



Rainbow 50 Plus

Location: Rainbow Community Centre, 808 20th Street West
(lower hall, St. Thomas-Wesley United Church)

Area: 4 – Riversdale

Contact: Bonnie Reid

Phone: 664-4605

Availability: Tuesday (11:00 am – 12:00 pm)

Program Description:

- **Forever...*in motion*** exercise group
- Lunch, socialization with neighbours
- Presentations, story-telling, slide slows, videos
- Limited transportation and family care available

Fees: Lunch fee (\$1.00)



Rock of Ages Church

Location: 130 Kingsmere Place

Phone: (306) 343-1144

Contact: Mable Kinzel

Program Description:

- **Forever...in motion** exercise group open to the public

Fees: Call for more information

Scottish Country Dance

Location: McClure Place, 1825 McKercher Drive

Phone: 955-7677

Contact: Linda Cooney

Program Description:

- Learn how to Scottish Country Dance

Fees: Call for more information

Shaw Centre

Community Gymnasium at Tommy Douglas Collegiate

Location: 122 Bowlt Crescent (West on 22nd Street)

Phone: (306) 291-0938

Contact: Kelly Harris

Availability: Seasonal and subject to change. Please call for more information

Program Description:

- **Forever...in motion** exercise group
- Exercises are focused on balance, stability and strength training

Fees: Drop-in and membership

St. Mary's Church

Location: 211 Avenue O South

Contact: Olga Nowoselski

Phone: (306) 242-8696

Availability: Please call for more information

Program Description:

- **Forever...in motion** exercise group
- Exercises are focused on balance, stability and strength training

Fees: Drop-in and membership

West Portal Church (Dundonald Seniors Group)

Location: 3134 – 33rd St. West

Phone: (306) 655 - 0829

Availability: Please call for more information

Program Description:

- **Forever...in motion** exercise group focused on balance, stability and strength training

Fees: Drop-in and membership

YWCA Saskatoon

Location: 510-25th Street East

Phone: (306) 244-0944

Availability: Seasonal and subject to change. Please call for more information

Program Description:

- **Forever...in motion** exercise group
- Exercises are focused on balance, stability and strength training

Fees: Drop-in and membership

Community Adult Day Programs

Century Club

Address: 301, - 506 25th Street East, Saskatoon, SK S7K 4A7

Phone: (306) 652-2255

Website: www.scoa.ca

Hours of Operation: Monday-Friday: 8:30am-12:00pm, 1:00pm-4:30pm

Details:

A social group for older adults 90 years and over

Free event every two months with entertainment and refreshments

Free transportation to and from events

Free membership



Oliver Lodge

Location: 1405 Faulkner Crescent

Phone: (306) 986-5469 or 382-4111 (Main Office)

Contact: [Director](#) of Community Day Program

Availability: Monday – Friday (9:00 am – 4:00 pm).

Services:

- Consultative services available from dietitian, chaplain, and physical therapy
- Access to social and recreation programs, community outings and regular exercise program focused on balance and dizziness
- Support group for caregivers through Alzheimer's society
- Transportation arranged if needed (\$8.00/day)

Fees: \$8.25 per day



Parkridge Centre

Location: 110 Gropper Crescent

Phone: 655-3800

Contact: Director of day program

(Coordinated through Client/Patient Access Services)

Availability:

Monday, Wednesday, Friday (10:00 am – 3:30 pm)

Tuesday, Thursday (10:00 am – 2:30 pm)

Services:

- Consultative services available for respite, physical therapy, occupational therapy, recreation therapy
- Recreation programs, educational sessions, general exercise and swimming

Fees: \$8.15 per day, Transportation provided if necessary \$8.00



Sherbrooke Community Centre

Location: 401 Acadia Drive

Phone: 655-3742

Contact: Norma Huston- Team Manager

(Coordinated through Client/Patient Access Services)

Availability: Monday – Friday (times vary)



Services:

- Purpose is to support individuals to remain in community
 - Enhance quality of life of participant and care provider
 - Admission through client/patient access services (655-4346)
 - Consultative services available from dietitian, chaplain, occupational therapy and physical therapy
 - Recreation programs, pool therapy, community outings, regular exercise program
- Fees:** \$6.00 per day Transportation if needed: \$8.00 per day

Live Smart

Location: Clinkskill Manor, 115 19th Street East

Phone: 664-0345 or 220-1682

Contact: Tanya Carlson

Availability: Thursday (10:00 am – 1:00 pm)

Program Description:

- For moderately independent, isolated seniors
- Referrals from social workers, Client/Patient Access Services, Geriatric Assessment Program or family members
- Offer regular exercise group, meals, crafts, healthy living education, socials, tours
- Blood pressure clinic

Fees: \$8.15 per day Transportation available if needed (\$8.00 per day)

**TEMT (Travel, Eat, Meet, Talk)**

Location: Luther Special Care Home, 1212 Osler Street

Phone: (306) 664-0345

Contact: Darla Bolin

Email: darla.bolin@luthercare.com

Availability: Tuesday (11:00 am – 3:00 pm)

Program Description:

- For moderately independent, isolated seniors
- Offer regular exercise group, meals, crafts, healthy living education, socials, tours
- Transportation available if needed (\$8.00 per day)

Fees: \$7.75 per day

**Young at Heart**

Location: McNaughton Place, 302 6th Avenue North

Phone: (306) 664-0345

Email: darla.bolin@luthercare.com

Contact: Darla Bolin

Availability: Monday (11:00 am – 2:00 pm)

Program Description:

- For moderately independent, isolated seniors
- Referrals from social workers, Client/Patient Access Services, Geriatric Assessment Program or family members
- Offer regular exercise group, meals, crafts, healthy living education, socials, tours
- Transportation provided to those who live in downtown area

Fees: \$8.15 per session



Senior's Programs

Nutana Park Church Seniors

Location: 1701 Ruth Street East

Phone: (306) 374-2144

Email: npmc@npmc.net

Website: www.npmc.net

Contact: Program Coordinator

Availability: Call for information on activities.

Program Description:

- Carpet bowling, socialization, educational speakers on healthy living

Fees: none



Nutrition and Food Resources

CHEP Good Food Incorporated

Location: Room 210 - 230 Avenue R South

Phone: (306) 655-4575

Website: www.chep.org

Email: CHEP's Executive Director: karen@chep.org

Availability: Available to anyone interested.

Program:

- Operate mini-stores in numerous seniors congregate buildings
- Call for information on what facilities operate the stores

Fees: Cost of grocery items only

CHEP Community Gardening

Location: Room 214 - 230 Avenue R South

Phone: (306) 655-5322

Website: www.chep.org

Availability: Schedule varies, so please call for more information.

Program:

- Enables people to grow garden, learn about gardening and participate in educational outings and trips
- Available to families, especially those with low income
- Gardens are located in backyards, community gardens, schools, demonstration gardens and allotment gardens

Fees: none

CHEP Collective Kitchen Partnership

Location: Room 210 - 230 Avenue R South

Phone: (306) 655-5093

Website: www.chep.org

Email: Collective Kitchen Coordinator: Janet Phillips: janet@chep.org

Availability: Schedule varies, so please call for more information.

Program:

- Assist community groups to cook affordable, healthy foods in

- bulk for their families or themselves
 - Learn to cook and budget while improving self-esteem and decreasing isolation
 - Offer community forums (Grub n Gab) and leadership training workshops for people interested in facilitating their own collective kitchen
- Fees:** Participants pool money towards cost of food and amount is matched by partnership.

Grocery Delivery

Clarence Avenue Market

Location: 516 Clarence Avenue South

Phone: (306) 244-3866

Availability: Monday to Friday

- Order must be placed by noon for same day delivery

Fee: \$12.00 0.25 cents per additional bag after 6 bags.

Dairyland Home Service

Location: Various

Phone: (306) 664-0218 or 1-800-667-1228

Website: www.morethanmilk.ca

Availability: Delivery of milk, bread, eggs, and other products in-home or at senior highrise

Fees: Cost of grocery items only

Pelican Market

Location: 1904 Lorne Avenue

Phone: (306) 242-8099

Availability:

- 7 days a week
- Deliveries anytime

Fee: \$5.00 delivery charge for orders under \$100.00

Mount Royal Foods

Location: 1635 29th Street West

Phone: (306) 382-5925

Availability:

- Monday to Sunday
- Order should be placed by 10 am for same day delivery

Fee: \$7.50 per delivery

Live Well Nutrition Education Sessions

Locations: Schedule and Location vary, please call for more information.

Phone: (306) 655-4260

Availability: Schedules and locations vary, please call for information.

- No physician referral required
- Presented by registered dietitians
- Sessions for anyone include:
 - Achieving a Healthy Body weight
 - Heart Healthy Eating
- Sessions for **people with diabetes** include:
 - Carbohydrate Counting and Label Reading

Food Portioning and Meal Preparation Practice
Sweeteners and Recipe Adjustment/Calculation
Grocery Store Tour
Restaurant Eating and Alcohol

Fees: Registration only

Meals on Wheels

Location: 102- 310 Idylwyld Drive North

Phone: (306) 655-4318

Contact: Volunteer Coordinator

Website: www.saskatoonhealthregion.ca/your_health/ps_volunteer_services.htm

Availability:

- Provide clients up to 7 meals per week
- Volunteers assist with meal delivery
- Service for clients of Home Care in Saskatoon area, if not a client of home care, an assessment will be done by client/patient access services

Fees: cost pro-rated based on client income

Specific Health Conditions

Arthritis Aquatics Program

Location: YWCA of Saskatoon, 510- 25th Street East

Phone: (306) 244-0944

Email: info@ywca.saskatoon.com

Website: www.ywcaskatoon.com

Contact: Customer Service Desk

Availability: Schedule is seasonal, please call or check website for more information.

Program Description:

- For people with arthritis, pre/post natal, fibromyalgia
- Consists of range of motion, muscle strengthening, and endurance building activities
- No fee for support person

Fees: Membership and/or drop-in



Cardiac Rehabilitation Program

Saskatoon District Health, Royal University Hospital

Location:

Saskatoon Field House, 2020 College Drive

Shaw Centre, 122 Bowlt Crescent

Phone: (306) 655-6870

Contact: Rick Stene

Availability: Monday, Wednesday, Friday

Program Description:

- For people with documented heart disease and their families, can refer yourself to the program
- Education, social events, as well as exercise

Fees: Registration (\$25.00 each participant and/or support person)



Gentle Aqua Aquatic Fitness

Location: YWCA of Saskatoon, 510 – 25th Street East

Phone: (306) 244-0944

Email: info@ywca.saskatoon.com

Website: www.ywcasaskatoon.com

Contact: Customer Service Desk

Availability: Schedule is seasonal, call or check website for information

Program Description:

- Designed for people with fibromyalgia
- Warm water is soothing while instructors give you a great stretching, strengthening and aerobic workout!

Fees: Membership and/or drop-in



First Step Program

Location: Saskatoon Field House, 2020 College Drive

Phone: (306) 975-3121

Website: www.saskatoon.ca

Contact: Program Coordinator

Availability: Program dates and times are seasonal, so please check the current Leisure Activities Guide or website for information.

Program Description:

- For people with cardiovascular risk factors, diabetes, pre-diabetes, high blood pressure, abnormal cholesterol, increased body weight, arthritis or various chronic conditions
- Supervised exercise and group education sessions

Fees: Registration



Live Well Chronic Disease Management (CDM)

Location: Royal University Hospital, 103 Hospital Drive

Phone: Saskatoon: (306) 655-LIVE (5483) or Toll Free: 1-877-548-3898

Email: live-well@saskatoonhealthregion.ca

Website: http://www.saskatoonhealthregion.ca/your_health/ps_cdm_about_livewell.htm

Contact: Staff

Availability: Program dates are always changing, please call for more information.

Program Description:

- For families and individuals who have chronic disease such as: diabetes, chronic obstructive pulmonary disease (COPD), heart disease, sleep apnea, asthma, arthritis and other chronic conditions.

Fees: Call for more information.

Live Well Diabetes Program

Locations:

Royal University Hospital, 103 Hospital Drive

West Winds Primary Healthcare Centre, 3311 Fairlight Dr.

Phone: (306) 655-5483

Email: live-well@saskatoonhealthregion.ca

Contact: Staff

Website: http://www.saskatoonhealthregion.ca/your_health/ps_cdm_diabetes_about.htm

Availability: Individuals with type 1, type 2, gestational diabetes and pre-diabetes

Program Description:

- Provides education, self-management and support for families and individuals living with diabetes

Fees: None

Stroke and Parkinsons Exercise Program

Offered through the Saskatoon Health Region

Location: Saskatoon Field House, 2020 College Drive

Phone: (306) 655-4595

Contact: Program Coordinator

Availability: Stroke - Tuesdays and Thursdays from 1:15pm – 2:15pm, and Parkinsons – Tuesday and Thursday 2:30pm – 4:00pm, subject to change so please call or check current leisure guide for more information.

Program Description:

- Supervised by a physical therapist and exercise therapist through the Saskatoon Health Region with the aim to improve functional ability through improving fitness
- Stretching, strengthening, balance and mild aerobic activities

Fees: \$25.00 a month



Stroke - Water Therapy Class

Saskatoon Stroke Recovery Association (SSRA)

Location: YWCA, 510 25th Street East

Phone: (306) 683-0079

Contact: Lorraine Van Den Bossche

Availability: September- June (No class in December)

Program Description:

- For stroke survivors
- Doctor's permission required, friend or family member should accompany those needing assistance

Fees: Membership and drop-in



Visual Impairment

Athletics

Location: Saskatchewan Blind Sports Association, 510 Cynthia Street

Phone: (306) 975-0888

Email: sbsa.sk@shaw.ca

Website: www.saskblindsports.ca

Availability: Call for information

Program Description:

- Athlete must be registered as legally blind or visually impaired in Saskatchewan pertaining to sport
- Facilitates provincial, national, and international sport opportunities for Saskatchewan residents who are legally blind or visually impaired
- Athletes follow the modified rules set out by the International Amateur Athletics Association

Fees: Membership (\$10.00)



Bowling

Location: Saskatchewan Blind Sports Association, 510 Cynthia Street

Phone: (306) 975-0888

Email: sbsa.sk@shaw.ca

Website: www.saskblindsports.ca

Availability: October-March, Saturday evenings

- For persons who are legally blind
- Transportation, personal assistance available
- Bowlers follow the rules set out by the Five Pin Bowling Association with the option of using a guide rail that enables the bowler to line-up with the alley. In addition, volunteer spotters may assist the bowler in identifying pins in play.

Fees: Membership (\$10.00)



Curling

Location: Saskatchewan Blind Sports Association, 510 Cynthia Street

Phone: (306) 975-0888

Email: sbsa.sk@shaw.ca

Website: www.saskblindsports.ca

Availability: Call for information.

Program Description:

- Athlete must be registered as legally blind or visually impaired in Saskatchewan pertaining to sport
- Facilitates provincial, national, and international sport opportunities for Saskatchewan residents who are legally blind or visually impaired
- Same rules as regulation curling
- Teams made of 3 visually impaired athletes and one non-visually impaired athlete
- May use flashlights, monoculars, and verbal direction from teammates

Fees: Membership (\$10.00)



Goal Ball

Location: Saskatchewan Blind Sports Association, 510 Cynthia Street

Phone: (306) 975-0888

Email: sbsa.sk@shaw.ca

Website: www.saskblindsports.ca

Availability: October- March

- Athlete must be registered as legally blind or visually impaired in Saskatchewan pertaining to sport
- Facilitates provincial, national, and international sport opportunities for Saskatchewan residents who are legally blind or visually impaired

Fees: Membership (\$10.00)



Golf

Location: Saskatchewan Blind Sports Association, 510 Cynthia Street

Phone: (306) 975-0888

Email: sbsa.sk@shaw.ca

Website: www.saskblindsports.ca

Availability: May-September



Program Description:

- Athlete must be registered as legally blind or visually impaired in Saskatchewan pertaining to sport
- Facilitates provincial, national, and international sport opportunities for Saskatchewan residents who are legally blind or visually impaired
- Played with standard equipment, follows regulation rules
- Assistance with visual cues related to distance, lay of the green, course obstacles, and lining up the shot.

Fees: Membership (\$10.00)

Lawn Bowling

Location: Saskatchewan Blind Sports Association, 510 Cynthia Street

Phone: (306) 975-0888

Email: sbsa.sk@shaw.ca

Website: www.saskblindsports.ca

Availability: Call for information.

Program Description:

- Athlete must be registered as legally blind or visually impaired in Saskatchewan pertaining to sport
- Facilitates provincial, national, and international sport opportunities for Saskatchewan residents who are legally blind or visually impaired
- Regulation size greens
- May be assisted by verbal cues related to distance, status of the bowl, lining up the shot and/or a tactile string

Fees: Membership (\$10.00)



Power Lifting

Location: Saskatchewan Blind Sports Association, 510 Cynthia Street

Phone: (306) 975-0888

Email: sbsa.sk@shaw.ca

Website: www.saskblindsports.ca

Availability: Year Round.

Program Description:

- Athlete must be registered as legally blind or visually impaired in Saskatchewan pertaining to sport
- Facilitates provincial, national, and international sport opportunities for Saskatchewan residents who are legally blind or visually impaired

Fees: Membership (\$10.00)



Sports Programs

Baseball

Twilight Division

Saskatchewan Baseball Association

Phone: (306) 780-9237

Website: http://www.saskbaseball.ca

Availability: June- August

- Must be male and 35+
 - Tournaments available
- Fees:** Registration

Bowling

Five and Ten Pin

Eastview Bowl: Club 55+

Location: 2929 Louise Street

Phone: (306) 373-4333

Website: <http://www.huntersbowling.com>

Availability: September - April

Monday- Friday (11:00 am or 1:30 pm)

Information:

- Senior leagues
- Morning and afternoon leagues
- Age 55-80+, great program to socialize and be active
- Restaurant available, classes offered, bowling aids available

Fees: Membership and/or drop-in

Fairhaven Bowl: Club 55+

Location: 3401- 22nd Steet West

Phone: (306) 382-2822

Website: <http://www.huntersbowling.com>

Availability: September-April, schedule varies, call for information

Information:

- Senior leagues
- Morning and afternoon leagues
- Membership required, 55+
- Classes offered, restaurant available, bowling aids available

Fees: Membership and drop-in



Rak's Bowling Pinhouse: Club 55+

Location: 217 Fairmont Drive

Phone: (306) 384-2400 or (306) 382-2822

Availability: September-April, schedule varies, call for information

Information:

- Age 55+, 5 pin, sociable atmosphere, lounge, coffee and doughnuts
- Social events, tours

Fees: Weekly fee



St. George's Senior Citizens Club

Location: 1235- 20th Street West

Phone: (306) 384-4644

Availability: October-March

Monday and Friday, All day (9:00 am to 5:00 pm). Call for more information.

Information:

- To Join one spouse must be at least 60 years of age

- Summer open to anyone, scheduled team bowling on specific days, 5- pin
 - Cards, bingo, coffee
- Fees:** Membership \$5.00/year, bowling: \$55.00 per season

Carpet Bowling

Fairfield Seniors Centre

Location: 103 Fairmont Court

Phone: (306) 382-1689

Availability: Dates and times are subject to change, please call for more information.

No Carpet Bowling in June, July, August due to having Lawn Bowling.

Information:

- Do not have to be member to participate
- Other activities include cards, bingo, dance.

Fees: Membership (\$5.00)



Holiday Park Seniors

Location: 1009 Avenue N South

Contact: Cliff Elliot

Phone: (306) 382-4606

Availability: September- May

Sunday afternoon and Wednesday evening

- Age 50+ and mentally handicapped adults
- Everyone welcome, potluck on Sundays (varies)
- Coffee and lunch, Christmas Party, annual Anniversary Party

Fees: Membership (\$2.00) and drop-in (\$1.00)



Nutana Senior Citizens Association

Location: Nutana Legion, 3021 Louise Street

Phone: (306) 373-0865

Contact: Helen Matlock

Availability: Thursday (12:30 pm), subject to change, please call for more information.

Information:

- Other activities include meals, outings, mini-golf

Fees: Membership (\$5.00)



Lawn Bowling

Mayfair Lawn Bowling Club

Location: Bowling Greens, 923 Avenue D North

Phone: (306) 652-3152

Availability: June-September, Wednesday (10:00 am)

Information:

- Learn to bowl offered in spring
- Tournaments available

Fees: Membership and/or drop-in (\$5.00)



Nutana Lawn Bowling Club

Location: 320- 7th Street East

Phone: (306) 665-0304

Availability: May-September

Information:

- Club bowling Tuesday and Thursday night
- Tournaments and special events throughout season
- Learn to bowl classes and Indoor bowling.

Fees: Membership



Riversdale Lawn Bowling Club

Location: Victoria Park, 720 Avenue H South

Phone: (306) 978-1041

Contact: Shirley

Availability: May-October Monday, Tuesday, Thursday and Saturday (7:00 pm to sunset)

Information:

- A very sociable and happy group
- Social events on Saturday evenings

Fees: Membership (\$70.00 season) and/or drop-in (\$3.00)

Canoeing

Saskatoon Canoe Club

Location: Victoria Park - Boat House

Phone: (306) 955-4587

Website: www.saskatooncanoecub.org

Contact: Staff

Availability: May- September

Boat house open 7:00 – 7:15 pm on Tuesday evenings

Information:

- Members have access to club equipment at boat house
- Offer a range of paddling courses
- Club is divided in two division, recreation and marathon

Fees: Registration

Curling

C.N. Curling Club

Location: 1602 Chappell Drive

Phone: (306) 382-3088

Email: gmcncc@shaw.ca

Website: <http://www.cncurlingclub.com>

Availability: October-April

Schedule varies, call for information

Information:

- Membership required
- No Membership required to rent the facility



- Five sheets of artificial ice, lunch counter and lounge, all league curling available
 - Tuesday, Thursday, and Friday morning breakfast
 - Beginners' curling classes available on request
- Fees:** Registration (discount for seniors)

Granite Curling Club

Location: 480- 1st Ave N

Phone: (306) 653-2811

Email: granitecurlingclub@sasktel.net

Website: <http://www.saskatoongranitecurlingclub.ca>

Availability: October-March

Seniors leagues: schedule varies, call for information

Information:

- Must be a regular curling member each year
- An opportunity for fun, fellowship and competitive curling, community facility used for numerous events
- You can sign up as an individual, a team, or a spare
- Rentals available

Fees: Membership

Nutana Curling Club

Location: 2002 Arlington Avenue

Phone: (306) 374-2422

Email: gman@nutanacurlingclub.ca

Website: <http://www.nutanacurlingclub.ca>

Availability: Mid-September – End of March

Seniors league: schedule varies, call for information

Information:

- Friendly, fun atmosphere
- Ice rentals available on weekends

Fees: Membership



Sutherland Curling Rink

Location: 141 Jessop Avenue

Phone: (306) 374-8400

Email: sutherland.curling.club@sasktel.net

Website: <http://www.sutherlandcurlingclub.com>

Availability: September- March

Information:

- 50 + League: schedule varies, call for information
- Bonspiels, league play
- Offers an “Adult Learn to Curl League”

Fees: Registration

Cycling

Saskatoon Cycling Club

Location: 8B-305 3110-8th Street East

Phone: (306) 343-6399

Email: clubinfo@saskatooncyclingclub.ca

Website: <http://www.saskatooncyclingclub.ca>

Availability: April to November, weather permitting

Recreational cycling (Wednesday evenings and Saturday mornings)

Information:

- Cycling depends on weather and is seasonal
- Club members receive discounts at local shops
- Membership includes Saskatchewan Cycling Association

Fees: Membership

Northern Bush Rastas

Location: Broadway Roastery, 614C Broadway Avenue

Phone: 651-0950

Website: www.nbrcycling.ca

Contact: Staff

Information:

- All ages, groups divided based on ability, ride on trails throughout Saskatoon
- Women's ride- Monday Evenings (7:00pm-8:30pm)
- Group Recreational Ride- Tuesday Evenings (6:30pm)
- Training night- Wednesday
- Includes Saskatchewan Cycling Association membership (now offer mens 50+ mountain bike racing division)

Fees: Membership

Floor Shuffle Board

Saskatoon Shines Floor Shuffleboard Association

Location: Lawson Heights Pentacostal Assembly, 223 Pinehouse Drive

Area: 5- Lawson Heights

Phone: (306) 374-0932

Availability: Wednesday and Friday mornings

Information:

- Try first 2 days for free, \$3.00/game if you don't wish to join

Fees: Membership



Golf

Dakota Dunes

Location: Site 507, Rural Route 5

Phone: (306) 664-4653

Website: <http://www.dakotadunes.ca>

Availability: Reservations Recommended.

Information:

- 9 and 18 hole golf course

- Power cart rentals available
 - Ladies and mens leagues, seniors discounts and private lessons available
- Fees:** Registration

Holiday Park Golf Course

Location: 1630 Avenue U & 11th Street

Phone: (306) 975-3325

Availability: Reservations Recommended.

Information:

- 27 hole green grass course • 18 hole championship course • 9 hole executive course
- Driving range, power cart and equipment rental available
- Golf lessons available

Fees: Call for more information.

Moon Lake Golf and Country Club

Location: 905 Valley Road

Area: 2- C.N. Yards Management Area

Phone: (306) 382-5500

Website: <http://www.moonlakegolf.com>

Availability: Reservations Recommended.

Information:

- 9 and 18 hole golf course
- Ladies league and private lessons available
- Rentals available

Fees: Registration

Saskatoon Golf and Country Club

Location: Cartwright Street West

Phone: (306) 931-4653

Website: <http://www.saskatoongcc.com>

Availability: Reservations Recommended

Information:

- 18 hole golf course
- Dress code
- Beginner group and private lessons available
- Instructors available to individualize program and strengthening exercises to meet your needs

Fees: Registration

Silverwood Golf Course

Location: Wanuskewin Road

Phone: (306) 975-3314

Availability: Reservations are recommended

Information:

- 9 and 18 hole grass greens courses
- Driving range and equipment rental available
- No dress code

Fees: Call for more information

Warman Golf Course

Location: 307 Haichert Street West

Phone: (306) 931-8814

Email: info@WarmanGCC.com

Website: <http://www.warmangcc.com/site>

Availability: Reservations Required.

Information:

- 9 hole grass green course
- Par is 36
- Dress code applicable
- Driving range, power carts and equipment rentals available

Fees: Call for more information.

Wildwood Golf Course

Location: 4050 8th Street East

Phone: (306) 975-3320

Availability: Reservations Recommended.

Information:

- 18 hole regulation course
- Pull and Powered cart rentals available
- Ladies and mens leagues available

Fees: Call for information



The Willows Golf and Country Club

Location: 382 Cartwright Street

Phone: (306) 956-1100

Website: <http://www.willowsgolf.com>

Availability: Reservations Required.

Information:

- 36 hole green grass soft spike dunes style golf course
- Driving range and equipment rental available
- Golf lessons available

Fees: Call for more information.

Horseshoe Pitching

Saskatoon Horseshoe Pitching Club

Location: Prairie Land Exhibition

Phone: (306) 373-5184

Contact: Jack Adams

Availability: May-September

Information:

- Lifetime sport- all ages!
- Provides recreational and competitive programs for all interested persons
- Two tournaments per year
- Come play for free, join the club if you like
- Membership includes affiliation with provincial association

Fees: Membership (\$10.00)



Kayaking

Learn-to Kayak (Adult Course)

Saskatoon Racing and Canoe Club

Location: Victoria Park - Boathouse

Phone: (306) 668-7722

Email: paddle@saskatoonracingcanoeclub.com

Availability: Schedule varies with season, please call for more information.

Information:

- All equipment, boats and lifejackets are provided
- 5 sessions throughout summer, 3 days/week for 2 weeks
- Learn the basics, how to get in and out, paddling skills

Fees: Registration

Master's Division

Saskatoon Racing and Canoe Club

Location: Victoria Park - Boathouse

Phone: (306) 668-7722

Email: paddle@saskatoonracingcanoeclub.com

Website: <http://www.saskatoonracingcanoeclub.com>

Availability: Schedule varies with season, please call for more information.

Information:

- Non-competitive or competitive
- Instructor available for safety
- Meets 3 times per week

Fees: Registration

Sailing

Saskatoon Sailing Club

Location: Redberry Lake

Phone: (306) 653-5395

Contact: Sue Barrett

Email: spbarett@sasktel.net

Website: <http://saskatoonsailing.ca/>

Availability: May-September

Information:

- Learn to sail
- Socials on a regular basis, competitions on weekends held at Redberry Lake

Fees: Membership : Family - \$300.00 Individual - \$175.00

Skating

Adult Public Skate

Location: Saskatoon Figure Skating Club

ACT Arena, 107- 105th Street East

Phone: (306) 373-4466
Email: mail@skatesaskatoon.com
Website: www.skatesaskatoon.com
Availability: October-May (Schedule varies)
Information:



- Adult recreational skating time is for the use of adult skaters only
 - Its purpose is to serve a population who wish to recreationally skate without coaching or programming from SkateSaskatoon
- Fees:** Membership fee and drop-in

Master's Synchro

Location: Saskatoon Figure Skating Club
ACT Arena, 107- 105th Street East
Phone: (306) 373-4466
Email: mail@skatesaskatoon.com
Website: www.skatesaskatoon.com
Availability: October – March (schedule varies)
Information:



- Synchronized skating background is an asset.
 - Instruction available
 - Competitive and non-competitive
- Fees:** Membership and Pre-Registration Required

Skiing

Ski For Life Program

Saskatoon Council on Aging
Area: Various
Phone: (306) 652-2255
Availability: January/February
Information:

- Open to adults 55+ who wish to learn to cross-country ski
 - Qualified ski instructor, membership to the Nordic Ski Club, refreshments and wind-up
- Fees:** Registration

Soccer

Master's Division

Saskatoon District Soccer Association
Location: 219 Primrose Drive
Phone: (306) 975-3427
Email: sasi@sastel.net
Website: www.saskatoonsoccer.com
Availability: Year Round, All week, Evenings
Information:

- Recreational and competitive male and female teams for indoor and outdoor season
 - No experience necessary
 - Co-ed available for indoor/outdoor season
- Fees:** Registration (per team)

Tennis

Cardio Tennis

Location: Lakewood Indoor Tennis Centre, 1635 McKercher Drive

Contact: Leo Liendo

Phone: (306) 955-2226

Email: club@lakewoodtennis.com

Website: www.lakewoodtennis.com

Availability : Fridays (10am – 11am)

Information:

- A variety of tennis drills that focus less on mechanics and technique and more on great cardio workout.

Fee: \$15.00 (members) and \$23.00 (non-members)



Lakewood Indoor Tennis Centre

Location: 1635 McKercher Drive

Contact: Leo Liendo

Phone: (306) 955-2226

Email: club@lakewoodtennis.com

Website: www.lakewoodtennis.com

Availability: Year Round, day and evening

Information:

- Instructor and professional supervision present
- Cardio-vascular, endurance, flexibility, strength
- Certified wheelchair tennis instructor

Fees: Membership fee or drop in.

Seniors discount available (age 60+)



Nutana Community Tennis Club

Location: Nutana Kiwanis Park

(courts are across from Market Mall, 2325 Preston Avenue South)

Contact: Kathy Fitzpatrick

Phone: (306) 249-3791 or (306) 382-3777

Email: nutanatennis@hotmail.com

Availability: Dates and times vary.

Information:

- 6 courts available
- Doubles mixer, adult lessons, competitive tennis ladder (advanced) and special events
- All ages
- Sign up at courts on a Tuesday or Wednesday evening

Fees: Membership

Riverside Badminton and Tennis Club

Location: 645 Spadina Crescent West

Contact: Michelle Alting-Mees, Manager (Part-time on site), Roman Goodheart, Assistant Manager (Full-time).

Phone: (306) 242-5584
Email: riverside@saskatoonriverside.com
Website: www.saskatoonriverside.com
Availability: Call for more information
Information:

- Leagues, lessons and drop-in times for all ages and skill levels
- Fees:** Membership (varies according to sport)

Tuesday Stroke Improvement Clinics

Location: Lakewood Indoor Tennis Centre, 1635 McKercher Drive
Phone: (306) 955-2226
Email: club@lakewoodtennis.com
Website: www.lakewoodtennis.com
Availability: Wednesday (10:00 am - 11:00 am)
Information:



- For players 2.5- 4.0
 - Topics include ball mechanics and shot creation to make stroke more efficient
 - NCCP 3 Instructor
 - Cardio-vascular, endurance, flexibility, strength
- Fees:** Members (\$15.00) and Non-members (\$23.00)

Tai Chi

Kent's Tai Chi Centre

Location: Christ Church Anglican- 515 28th Street West
Phone: (306) 652-7936 or (306) 717-3418
Email: info@kentstaichi.com
Website: www.kentstaichi.com
Contact: Kent Mark, Master



Availability: Tai Chi: evenings Monday, Wednesday and Friday; please call for more information or see the website for current information. Qi Gong free every Monday, 7:30 p.m. to 8:15 p.m.

Information: Meditations, Qi Gong, Tai Chi, hand pushes (self-defense), sparring, weapon use.

Fees: \$60/2 months

Tai Chi

Location: YMCA of Saskatoon, 25-22nd Street East
Phone: (306) 652-7515
Website: www.ymcasaskatoon.org
Contact: Program Coordinator
Availability: Sunday (4:30 – 5:15 pm)



- Information:**
- Good for beginners, weekly workshops
 - The slow and flowing movements will improve concentration, control, coordination and balance.
 - Harmonize mind, body and spirit to improve well being.

Fees: Membership and/or drop-in

Tai Chi for Health

Location: Cosmopolitan Senior Citizens Centre, 614 - 11th Street East

Phone: (306) 374-5274

Contact: Myra Beuckert

Availability: Dates and times vary. New class begins in September.

Tuesday and Thursday Evening – Beginner Class

Sundays at 3:00pm – Beginner Class

Information:

- Trained instructor
- Approximately 10 or more classes a month.
- Come and try at no obligation

Fees: Registration



Fung Loy Kok Institute of Taoism | Taoist Tai Chi Society of Canada

Location: Bay #8 – 1100 7th Avenue North

Phone: (306) 244-5292

Email: saskatoon@taoist.org

Website: <http://western.canada.taoist.org/saskatoon/index.php>

Availability: Registration Required.

Information:

- Beginner classes start January, May and September and on-going continuing level classes available year round.

Fees: Membership

Walking

Mall walking

Location and Phone:

Confederation Mall, 300 Confederation Drive (306) 382-2631

Market Mall, 2325 Preston Ave South (306) 955-6611

Lawson Heights, 134 Primrose Drive (306) 933-2422

The Centre, 3510 8th Street East (306) 374-2644

Availability: Dates and times vary.

Information:

- Open before the stores in the mornings
- Walk on your own or with a group
- Great for very cold or hot days when you can't walk outside

Fees: none

Summer Walking Group

Location: Cosmopolitan Senior Citizens Centre, 614-11th Street East

Phone: (306) 652-9766

Availability: May- September, schedule is seasonal, please call for more information.

Information:

- A variety of destinations for each day



- Variety of levels for walking
- Coffee follows a good walk

Fees: Membership

Other Indoor Walking Tracks

Henk Ruys Soccer Centre
 Shaw Centre
 Saskatoon Field House
 Terry Fox Track

Wellness Programs Wellness

Laffing Out Loud Lafter Yoga Club

Location: Cliff Wright Branch of Public Library in the Lakewood Civic Centre, 1635 McKercher Drive **Occasional changes to the schedule so please contact for more information.

Phone: (306) 222-0563

Email: laffingoutloud@sasktel.net

Website: <http://www.laffingoutloud.com/events.aspx>

Contact: Helen

Availability: Generally one Tuesdays of the month at 7:15pm-8:15pm

Information:

- Reduce stress
- Laugh more than ever
- Shed your inhibitions
- Increase your sense of humor
- Become a happier and healthier person
- Feel better physically and mentally
- Energize your life
- Have lots of fun!!

Fees: \$8.00 donation suggested



Lafter Wellness Laughter Club

Location: Oshun House Studio, 912 Idywyld Drive North

Phone: (306) 230-7227

Contact: Deb Scherbanuik

Email: lafterwellness@sasktel.net

Availability: Mondays 1:30pm-2:30 pm

Information:

- Laughter yoga clubs
- Good hearted living sessions
- Balance your life and realize new perspectives
- Have Fun!

Fees: Call for more information.



Mindfulness Meditation

Location: The Refinery Arts and Spirit Centre, 609 Dufferin Avenue

Phone: (306) 653-3549

Email: susan.stjamesrefinery.org

Website: <http://www.stjamesrefinery.org/classes> or jenniferkeane.com

Availability: Schedule varies so please call for more information.

Information:

- Learn the fundamentals of mindfulness meditation
- Cultivate awareness of your body, emotions and mind states
- Includes instruction, various forms of meditation, and an opportunity to discuss the experience
- Introduction and healing/relaxation sessions available

Fees: Registration

Yoga

Gentle Seniors Yoga

Location: Inner Peace Yoga- 211B-3521 8th Street

Phone: (306) 664-9642

Fee: Registration

Chair Assisted Yoga

Location: Lakewood Civic Centre, 1635 McKercher Drive

Phone: (306) 975-2944

Contact: Facility Staff

Availability: Schedule is seasonal. Please call for current information.

Program Description:

- Improve flexibility, muscle tone and gain a sense of well being from this very gentle form of yoga using chair support
- Great for those with physical or mental limitations

Fees: Registration



Beginner Fitness Yoga

Locations:

Lakewood Civic Centre, 1635 McKercher Drive

Lawson Civic Centre, 225 Primrose Drive

Saskatoon Field House, 2020 College Drive

Shaw Centre, 122 Bowlt Crescent

Phone: (306) 975-7808

Website: www.saskatoon.ca

Contact: Program Coordinator

Availability: Program dates and times are seasonal. Please check current Leisure Activities Guide or website for information.

Program Description:

- Strength, conditioning and flexibility with yoga-based movements
- No previous experience necessary
- Not recommended for women who are pregnant

Fees: Membership, leisure card or drop-in



Intermediate Fitness Yoga

Locations:

Lakewood Civic Centre, 1635 McKercher Drive
Lawson Civic Centre, 225 Primerose Drive.
Saskatoon Field House, 2020 College Drive.

Phone:

Lakewood Civic Centre: (306) 975-2944
Lawson Civic Centre: (306) 975-7873
Saskatoon Field House: (306) 975-3354

Website: www.saskatoon.ca

Contact: Program Coordinator

Availability: Program dates and times are seasonal. Please check current Leisure Activities Guide or website for more information.

Program Description:

- An intermediate yoga fitness class that focuses on holding poses longer, linking breath to yoga pose, and incorporating pose variations that challenge the body and mind

Fees: Membership, leisure card or drop-in



Gentle Fitness Yoga

Location:

Lakewood Civic Centre, 1635 McKercher Drive
Lawson Civic Centre, 225 Primerose Drive

Phone:

Lakewood Civic Centre: (306) 975-2944
Lawson Civic Centre: (306) 975-7873

Website: www.saskatoon.ca

Contact: Facility Staff

Availability: Program dates and times are seasonal. Please check current Leisure Activities Guide or website for information.

Program Description:

- Incorporates strength, conditioning and flexibility components using yoga-based movements
- Ideal for older adults

Fees: Membership, Leisure Card or drop-in



Gentle Yoga

Location: YWCA of Saskatoon, 510 25th Street East

Phone: (306) 244-0944

Website: www.ywca.saskatoon.com

Contact: Facility Staff

Availability: Schedule is seasonal. Please call for current information.

Program Description:

- Practise basics of yoga
- Focus on gentle strengthening, flexibility, breathing and relaxation

Fees: Registration



Gentle Senior Yoga

Location: Inner Peace Yoga, 211B-3521 8th Street

Phone: (306) 664-9642



Contact: Facility Staff

Availability: Schedule is seasonal. Please call for current information

Program Description:

- Practise basics of yoga
- Focus on gentle strengthening, flexibility, breathing and relaxation

Fees: Registration

JNS Yoga Studio

Location: 96 33rd Street East

Phone: (306) 665-8133

Website: www.jnsyoga.com

Contact: Jo-Ann Sutherland, Certified Teacher

Email: info@jnsyoga.com

Availability: Offered 6 days a week, class schedule varies.

Program Description:

- 9 week sessions
- Specialized classes: 50 plus, back/joints and gentle yoga
- Consultations available

Fees: Seniors discount available

Yoga Central

Location: Inner Peace Yoga, 211B, 3521 8th Street East

Phone: (306) 244-9642

Availability: Schedule varies, please call for current information

Program Description:

- Beginner, gentle and restorative classes available
- Accommodate private groups
- Able to make modifications

Fees: Registration

Joos Yoga

Location: 38 - 23rd Street East

Phone: (306) 665-6677

Email: info@joos.ca

Website: www.joos.ca

Contact: Jan Henrikson and Ceara Bogan, Instructors

Availability: Classes are ongoing.

Program Description:

- Classes include: Yoga Basics, Vinyasa/Flow Yoga, Yin Yoga and Jivamukti Yoga
- Yin & Basics classes: no experience required
- Poses can be adapted to all body types and energy levels

Fees: Discount for seniors



Yoga

Location: YMCA of Saskatoon, 510 25th Street East

Phone: (306) 244-0944

Email: kathleenyoga@gmail.com

Website: www.kathleenyoga.blogspot.com



Contact: Facility Staff or Kathleen Podiluk

Availability: Schedule is seasonal. Please call for current information.

Program Description:

- These classes will bring increased strength and flexibility to the body coupled with deep relaxation and meditation. Importance is put on the five points of yoga, proper exercise, proper breathing, proper relaxation, proper diet and proper thinking

Fees: Registration

➤ Age is no barrier. It is never too late to start receiving the benefits from being active ➤

Websites/Resources



Saskatchewan Seniors Mechanism

Phone: (306) 359-9956

Website: www.skseniormechanism.ca

Email: info@skseniormechanism.ca

- An umbrella organization for 12 member organizations representing the interests of seniors throughout the province including the Saskatchewan Seniors Association Incorporated, Saskatchewan Seniors Fitness Association Incorporated and the Saskatoon Council on Aging that are described below.
- A central clearing house for the collection and distribution of information for seniors organizations in the province, or other agencies that provide programs and services for seniors and the general public
- Contribute to a better quality of life for older adults by: research and action on issues affecting seniors, being a unified voice for seniors, giving direction and support to member organizations.

Saskatchewan Seniors Fitness Association (SSFA)

(contact the Saskatchewan Seniors Mechanism, information provided above)

SSFA is a volunteer run organization. To talk to someone in your area contact the Saskatchewan Seniors Mechanism to find the right person to call.

Why become a member of the SSFA?

Keeping active can help you look better, feel better, and get more fun out of life. Discover new friends and a sense of belonging and develop a positive self-image!

Activities of the SSFA include:

- 55 Plus Provincial Games which are held every year: including carpet, lawn and 5 pin bowling, poetry/short story competitions, scrabble, shuffleboard, bridge, slo-pitch, cribbage, snooker, curling, floor curling, swimming, darts, tennis, golf, track and field, horseshoes, whist, Kaiser and other demonstration events.
- Walking programs organized with partnership agencies to promote benefits of healthy living.
- Workshops and seminars upon request of local groups on a variety of topics including active living, exercise, games, events, gerontology information and leadership development.
- Offer a display unit and promotional materials, as well as the 55 Plus Games rule books and senior fitness manuals.
- Membership is open to anyone 50 years and older, those under 50 may become associate members.

Saskatoon Council On Aging Inc.

Address: 301, 506-25th Street East, Saskatoon, SK, S7K 4A7

Contact: June Gawdun - Executive Director

Phone: (306) 652-2255

Fax: (306) 652-7525

Email: admin@scoa.ca

Website: www.scoa.ca

Area of Saskatoon: City Park – Area 3

Hours of Operation: Monday-Friday: 8:30am-4:30pm (closed over noon hour)

Details:

- Community based organization dedicated to the promotion of dignity, health and independence of older adults through services, programs, education, and advocacy
- Resource Information Centre, lifelong learning programs, computer lessons
- Blood Pressure Clinic first Tuesday of each month from 9:00am-3:00pm
- Coming of Age' publication distributed 3 times/year
- Spotlight on Seniors Fair, autumn event (booths, entertainment, prizes)
- Drop-in program for older adults the third Wednesday of each month
- Newsletter
- Calendar of Upcoming Events

Fees: No Membership Fees



Saskatchewan Parks and Recreation Association (SPRA)

Phone: Toll Free: 1 (800) 563-2555 or (306) 780-9231

Hours of Operation: Monday – Friday, 8:30am – 5:00pm.

Website: <http://www.spra.sk.ca>

General Email: office@spra.sk.ca

Fitness & Physical Activity Email: fitness@spra.sk.ca

- SPRA is a non-profit volunteer organization whose purpose is to promote, develop and facilitate parks and recreation opportunities throughout the province.
- Call for more information on recreation staff, programs and/or initiatives in your area.
- See their website for an online event guide from Saskatchewan Tourism, contact lists for provincial and regional associations, description of programs and services provided by SPRA, and information about building better communities.
- Also check out fitness opportunities, leadership training and links to useful fitness websites.

Town Office/Recreation Professional

- Call your local town office or recreation director for information on programs and events in your town that you can participate in.
- Check local newsletters, advertisements, or leisure guides for information as well.
- The municipal directory system website is a great place to find out who town administration and contact information:
<http://www.mds.gov.sk.ca/apps/Pub/MDS/welcome.aspx>
- Many small towns and communities are making websites with news, events calendars and more, just type in the name of the city, town or village you are looking for and click on the link to their website (or see list below).



- Look into the town next door- they may have some great opportunities for you to come and visit them as well!

City of Saskatoon

<http://www.saskatoon.ca/DEPARTMENTS/COMMUNITY%20SERVICES/LEISURESERVICES/Pages/default.aspx>

Location: Leisure Services Branch, 222 3rd Avenue North

Phone: (306) 975 - 3340

- Recreation and leisure opportunities in Saskatoon and link to current leisure guide.



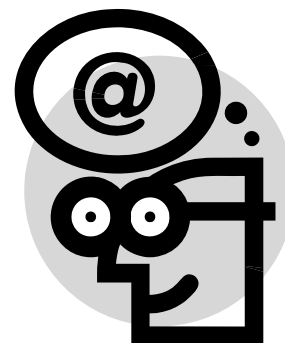
Recommended Websites for Physical Activity:

Active Living Coalition for Older Adults (Canada)

<http://www.alcoa.ca>

Email: alcoa@uniserve.com

- Membership and contact information
- Information on numerous projects and a survey that asks your opinion on how to improve programs for active living
- Active living and how to get involved
- Access to newsletters and current research
- Links to other useful websites



Canada *in motion*

<http://www.canadainmotion.ca/>

- Strategies to become more physically active for health benefits
- Feature stories on what others are doing to be physically active
- Access to activity resources
- A calendar of physical activity events and an interactive physical activity health assessment tool with PAL (a physical activity log).



Canada's Physical Activity Guide to Healthy Active Living for Older Adults

<http://www.phac-aspc.gc.ca/pau-uap/paguide/older/index.html>

- Copies available to order online
- Benefits, motivational tips and resources
- Considerations for chronic conditions
- Calendar to keep track of daily activity

Canadian Centre for Activity and Aging

<http://www.uwo.ca/actage/>

- Order physical activity resources and training materials
- Research about older adults and exercise
- Newsletters (available to order online)
- Projects including falls prevention initiatives
- Links to other useful websites

Fit for Life Preventative Health and Fitness for Seniors

<http://www.iamfitforlife.com>

- Online store specializes in products and services for seniors
- Purchase videos, pool gear, apparel, exercise cycles, elastic tubing, weights, floor mats, pulleys, foam balls, health aids and rehabilitation supplies (i.e. heat and cold therapy)

Forever...*in motion* (Saskatoon)

<http://www.in-motion.ca/older/> (Saskatoon Health Region)

- Benefits, fit facts, and great ideas to get active
- Merchandise
- A walking workout including self assessment, walking tips, proper technique and footwear
- A fitness plan and online journal
- Frequently asked questions about starting a older adult physical activity group in your community/facility
- Links to other useful websites

International Council on Active Aging

<http://www.icaa.cc/consumer.htm>

- How to find and choose age-friendly fitness facilities and professionals
- Footcare and walking (footwear, getting started, where to walk)

Royal Canadian Legion

<http://www.legion.ca>

- News and events
- Membership information and service bureaus
- Legion sports
- Related websites

Saskatchewan *in motion*

<http://www.saskatchewaninmotion.ca/>

- A listing of communities that are *in motion* and how to join
- Ideas for becoming active in your community

Healthy Eating

CHEP Good Food Inc.

Location: Room 210, 230 Avenue R South

Phone: (306) 655-4575

Website: <http://www.chep.org>



- CHEP is a non profit community organization that works with children, families and communities to improve access to good food and to promote food security.
- The good food box is offered in more than 60 depots in the city and in a number of rural communities. Contact the office to find out where your closest neighborhood coordinator is or how to become a rural depot location.
- The good food box is an alternative food distribution system that provides a variety of quality food at an affordable price for families and individuals
- CHEP helps to improve access to great food, encourage healthy eating choices, build communities, provide nutrition information, support local farmers and advocate for a sustainable food system.
- Also contact the office for information on community gardening and children's meal and education program, collective kitchen partnerships and senior's stores in Saskatoon.

Food Banks

- Individuals and families are often referred by clergy, doctors, or social services.
- Food hampers are distributed when a request has been approved by coordinators.
- For people in Saskatoon and area you can call:
Salvation Army (306) 242-6833
Southridge Outreach Centre (306) 244-1987
Saskatoon Food Bank (306) 664-6565



Meals on Wheels

- Provide individuals, who for health reasons would benefit from a daily meal.
 - Cost is pro-rated based on your income.
 - Call the closet centre listed below to see if they serve your community.
 - Meals are provided 5 – 7 days per week (usually one meal per day).
 - Ask about arranging for frozen meals.
- Saskatoon (Central Intake)** (306) 655-4318

Recommended Websites for Healthy Eating:

5 to 10 a Day for Better Health

<http://www.5to10aday.com>

- Fun ways to increase your daily intake of fruits and vegetables
- Articles and news

- Recipes
- Useful products

Canadian Food Inspection Agency

<http://www.inspection.gc.ca>

- Subscribe to email notifications to be sent updates on warnings

Child and Hunger Education Program – Good Food Incorporated

<http://www.chep.org>

- Information on community gardening, good food box, and collective kitchens
- Farm-city links for producers and city families and more!

Dietitians of Canada

<http://www.dietitians.ca>

- Try these interactive features: EATracker™, One Day at a Time, Let's Make a Meal, Virtual Kitchen and Grocery Store, and Nutrition Challenges

Fit Day

<http://www.fitday.com>

- Free diet and weight loss journal
- Free online account
- Software for your computer to enter foods faster (use even when you are not online)
- Advanced weight loss goals and tracking

Food Safety for Older Adults

Phone: 1 (800) O Canada

Website: <http://www.canfightbac.org>

- Click on downloads at the top of the page to find a listing of resources
- Click on food safety for older adults for information on safe food cooking temperatures, food storage and high-risk foods
- Call to order copy of the manual

Health Canada

<http://www.health.gov.sk.ca/healthy-eating-for-seniors>

- Cooking for one or two, chewing difficulties, healthy eating checklist, preventing constipation, the emergency shelf.

<http://www.healthcanada.gc.ca/foodguide>

- Use My Food Guide: you chose the foods and activities for your age and gender then print your personal food guide
- Use My Food Guide Tracker: record your food choices and check the number servings you eat from each food group
- Take the guided tour: benefits of healthy eating, food guide basics, choosing foods, meal planning, shopping, label reading, and maintaining healthy habits.
- Power point presentations for educators and consumers
- Ordering information: English and French Educators Guides and Food Guide, First Nations, Inuit and Métis Food Guide are all available in orders of 100 at no charge

<http://www.hc-sc.gc.ca/fn-an/index-eng.php>

- Health Canada's role in nutrition
- Topics including dietary guidance, reference intakes, healthy weights, trans fats, vitamins and minerals, healthy eating research and whole grain facts

Spark People

<http://www.sparkpeople.com>

- Plenty of fitness, nutrition, motivation and wellness resources
- Nutrition tracker
- Tools to help you get started including my fitness and my nutrition
- Quizzes, recipes and more!



Chronic Conditions

Arthritis Society
Phone: 1 (800) 321-1433
Website: <http://www.arthritis.ca>



The Arthritis Society offers the following programs:

Twinges n' Hinges

- Recreational water exercise program conducted in a heated pool.
- Provides an opportunity for people with Arthritis to meet others and have fun.
- Led by trained personnel through a series of specially designed exercises with aid of water's buoyancy and resistance can help improve joint flexibility.
- Warm water and gentle movements also relieve pain and stiffness.
- Offered in Saskatoon and Regina locations, contact The Arthritis Society for information on training, or to start a program in your area (heated pool and lifeguard required).

Arthritis Self-Management Program

- A health promotion program designed to help you better understand your arthritis, learn ways to cope with chronic pain, and take a more active role in managing your arthritis.
- Learn new information and skills, discuss new ideas and share experiences about: exercising with arthritis, managing pain, eating healthy, preventing fatigue, protecting joints, taking arthritis medications, dealing with stress and depression, working with your doctor and healthcare team, evaluating alternative treatments, and problem solving.
- Participants report less pain, they are better able to move around, have a better understanding of arthritis, and are more active in managing their arthritis.
- Call for information on a self-management program in your area.

Heart and Stroke Foundation of Saskatchewan
Phone: 1 (888) 473-4636 (Toll Free) or (306) 224-2124
(Saskatoon)

Website: www.heartandstroke.sk.ca
Email: healthpromotion@hsf.sk.ca



- A volunteer-based health charity which leads in eliminating heart disease and stroke and to reduce their impact through research, promoting healthy living and advocacy.
- Variety of print and audio-visual resources available.
- Phone **(306) 244-2124** for information on Heart to Heart and Living With Stroke programs nearest you.

Heart To Heart™

- The Heart To Heart™ program is an education and support program developed by the Heart and Stroke Foundation for heart event survivors and their spouses/caregivers.
- Provides an opportunity to ask questions, share ideas, and begin to put the pieces back together.

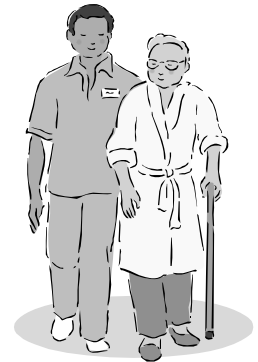
Living With Stroke™

- The Living With Stroke™ program is an education and support program developed by the Heart and Stroke Foundation for stroke survivors and their spouses/caregivers.
- Provides an opportunity to ask questions, share ideas, and begin to put the pieces back together.

Live Well with Chronic Conditions

Phone: Saskatoon (306) 655-4437
Healthline 1 (877) 800-0002

- No cost to attend the program or manual.
- Provides practical suggestions and support, which builds confidence in coping with the everyday challenges of a chronic condition.
- For caregivers and/or individuals with condition such as: chronic pain, arthritis, diabetes, heart disease, chronic lung disease, Parkinson's disease, stroke/spinal cord injury, osteoporosis, multiple sclerosis, kidney disease.
- Learn to take control of your illness, self management skills such as symptom management, communication skills, relaxation techniques, goal setting, problem solving.
- Classes are fun and practical!
- Programs are conducted on a needs basis, so call the Saskatoon number above for information on how to get classes started in your area.
- Healthline has a listing of classes available across Saskatchewan.



Multiple Sclerosis Society of Canada (Saskatoon chapter)

Phone: 1 (800) 691-0890 or (306) 244-2114

Website: <http://www.mssociety.ca>

- Call for information on educational workshops and conferences.
- Social and fitness activities in Saskatoon, call about programs offered or subsidizing programs in your community.



Recommended Websites for Chronic Conditions:

Alzheimer Society of Saskatchewan

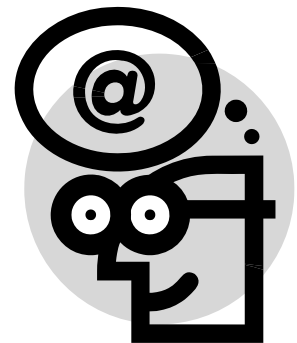
<http://www.alzheimer.sk.ca>

- About Alzheimer Society
- Special events, education, public awareness, support & information, and resource library
- Details about the forget-me-not walk

Canadian Arthritis Society

<http://www.arthritis.ca/>

- Information about Arthritis and the society
- Lifestyle challenge- a four-week program that encourages Canadians to become more active and eat healthier to delay the onset and reduce the pain and stiffness of osteoarthritis



Under “Tips for Living Well”:

- “Exercising regularly”– click on “choose an exercise” where you can then point an click to a body part and receive great ideas for exercising
- “Eating healthy”– how diet affects Arthritis and find a dietitian in your area
- A number of programs and services available in Saskatchewan

Canadian Diabetes Association

<http://www.diabetes.ca>

- Information about diabetes, maintenance and prevention
- Listing of regional offices to contact for programs available in your area
- Information about Team Diabetes Canada (races and marathons to support the Canadian Diabetes Association)
- Order books and other written information about diabetes online

Canada’s Occupational Therapy Resource site

<http://www.ot-works.com>

- Information about occupational therapy services and how they can help you
- “Ask an OT” any questions you may have, additional answers about driver rehabilitation, managing pain, recovering from a brain injury and mental health
- Technology for living well- people who have trouble with certain tasks and daily activities can find help through technology and occupational therapy
- Research supporting the effectiveness of Occupational Therapy services

Canadian Physiotherapy Association

<http://www.physiotherapy.ca/>

- Information about Physiotherapy services and how they can help you

Canadian Therapeutic Recreation Association

<http://www.canadian-tr.org>

- Information on Therapeutic Recreation services and how they can help you
- Links to other local Therapeutic Recreation organizations

Canadian Orthopedic Foundation

<http://www.canorth.org/>

- Education about the musculoskeletal system
- Preparing for surgery, frequently asked questions, travel concerns, other websites

Heart and Stroke Foundation

<http://www.heartandstroke.ca/>

- Current news and events
- Information on heart disease, stroke, healthy living, events, volunteering , risk assessment, blood pressure, cholesterol, CPR/AED and more
- A recipe file with healthy and tasty ideas for meals
- 5 steps to a healthy weight



- BMI, waist circumference and food & fitness calculators

Osteoporosis Society of Canada

<http://www.osteoporosis.ca/>

- Information about prevention, diagnosis and treatment of osteoporosis, frequently asked questions and links to other websites
- Online ordering for fact sheets, brochures, books, DVDs, free samples and more
- Programs and resources include a bilingual toll free information line, listing of local support and self help groups, calendar of public education events
- Fabulous for life calendar- features women and men who have not “surrendered” to their osteoporosis

Saskatchewan Society of Occupational Therapists

<http://www.ssot.sk.ca>

- Includes information about Occupational Therapy and how to access services
- “Find A Therapist” database to find an Occupational Therapist near you

Saskatchewan Physiotherapy association

<http://www.saskphysio.org/>

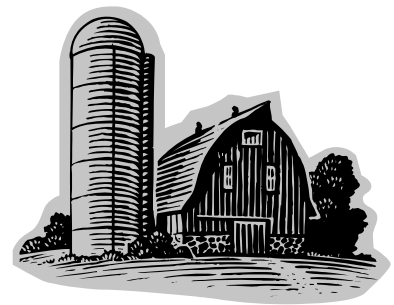
- Includes information about Physiotherapy and how to access services
- “Find a physio” database to find a Physiotherapist near you

General Health and Wellness

Farm Crisis Line

Phone: 1 (800) 667-4442

- Call the farm crisis line to deal with the stress of farming today.
- Referrals are available to local programs that can help.
- Talk to someone who can relate, share and listen to concerns you may have.



Healthline

Phone: 1 (877) 800-0002

Website: <http://www.healthwise.net/saskhealthlineonline/>

- Healthline is a free, confidential 24-hour health advice telephone line, staffed by highly experienced registered nurses in Saskatchewan.
- Immediate, professional health advice or information, and direction to the most appropriate source of care.
- Immediate access to a registered nurse, who can provide information on symptoms, chronic illness, injury, nutrition, or healthy lifestyles.
- You do not need a Saskatchewan Health Card number to call.
- Link to the Chronic Disease management program.
- Translation services available for many different languages, including most First Nations.
- See the website for information on various health topics from A to Z, symptoms, tests, medications, and interactive tools to assess your own health status.

Lifeline Saskatchewan

Phone: 1 (800) 856-0599 or (306) 933-1155

Website: <http://www.lifeline.ca>



- Lifeline is a personal response service that ensures prompt help is available at the press of a button 24 hours a day, 365 days a year.
- Lifeline with reminders can help you to manage different aspects of your care plan such as medications, diet, exercise and keeping track of appointments.
- Go to <http://www.lifeline.ca/pdf/fitness.pdf> for more great exercises related to fall prevention, examples for both sitting and standing positions.

Mental Health and Addictions Services

- Mental health and addictions services will focus on the needs of older adults who are experiencing difficulties due to mental illness or addiction.
- Provide case management, education and consultation to older adults.
- Tobacco cessation support group's available (call Saskatoon) or phone 1 (866) 556 - 3255 for to arrange a Smoke Free Canada clinic in your community.

Addictions Services

Saskatoon

(306) 655-4100

Primary/Community Health Centers

- Primary Health care addresses a particular problem or everyday health need, it is care provided at the first contact you have with the healthcare system.
- Primary Health involves an approach to preventing health problems before they occur.
- Primary Health care providers work with community groups to address broad community needs and offer a range of services that promote health, prevent illness and disability, regain functioning and much more.
- They may provide or connect you to a number of health care professionals as needed such as Doctors, Nurses, Pharmacists, Physiotherapists, Occupational Therapists, Recreation Therapists, Massage Therapists, Chiropractors, Dietitians, Health Promotion Practitioners, or any other service that is required.
- Call your primary/community health centre to find ongoing educational opportunities and/or programs that relate to physical activity and healthy eating such as exercise groups, wellness clinics, chronic disease management programs to name a few.

Public Health

- Public Health Services strives to enhance health and well being through population-based programs that:
 - promote healthy communities, groups, families and individuals
 - prevent disease and disabilities
 - protect the public from environmental hazards
- Offer education, immunization, baby clinics, referrals and more.



Red Hat Society

Phone: 1 (714) 738-0001

(main “hatquarters” located in southern California)

1 (866) FUN-AT-50 for online store orders

Email: memberservices@redhatsociety.com

Website: <http://www.redhatsociety.com>

- Under how to join on the left hand side, click on chapter search or start your own chapter.
- Select Saskatchewan and pick from an alphabetical list of towns and cities in Saskatchewan to find one close to you.
- Click on the name of the town to find out group name, queen’s name and “contact us” where you provide information so the group can contact you to get started.
- A fun loving group for women over 50 to relax from obligations for a while.
- Involved in a wide range of non-profit activities and events.
- Keep an eye out for the Step and Stride with Ruby program encouraging members to increase their physical activity and experience all of the benefits of an active lifestyle (Go to <http://www.stepstride.com> for more information).

Road to Well-Being

Phone: (306) 655-2341

Website: <http://www.roadtowellbeing.ca>

- Gain strategies that will reduce stress, promote healthy relationships, and increase overall well being.
- Understand psychological factors that improve physical and mental health.
- Topics including optimism and hope, supportive relationships, forgiveness and spirituality.
- Program available as web-based self-learning or as in-person group sessions.
- Group sessions are currently only offered in Saskatoon.

Recommended Websites for General Health and Wellness:

About: Senior Health

<http://seniorhealth.about.com>

- Information on numerous health issues affecting older adults today

American Association for Retired Persons

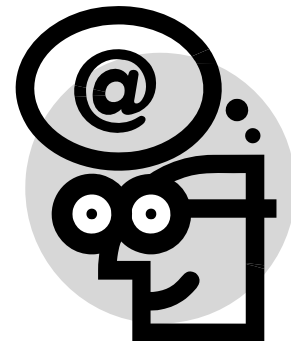
<http://www.aarp.org/health/fitness/>

- Under “fitness” find topics including walking, sports, working out, getting motivated and information for health and fitness leaders

Body and Health

<http://bodyandhealth.canada.com>

- Click on information for seniors on the left hand side of the page
- Food and you, general information on aging, bones & joints, brain & mental health, heart disease, kidneys & urinary problems, nutrition & fitness, related conditions, health features, health tools, community support, webcasts, and research



- Under nutrition and fitness find articles related to Canada's new food guide, calcium, exercise, folic acid, food portions, vitamins, and working out

Canadian Association of Retired Persons

<http://www.carp.ca>

- Membership benefits and registration
- Stories and articles on numerous topics
- Link to 50 plus website
- Subscribe to their magazine

Canadian Health Network – Active Living

www.canadian-health-network.ca

- Click on seniors on the right side of the screen
- Information on support for seniors and caregivers, prevent falls, manage arthritis and deal with loneliness when you are older
- Other important topics include active living, healthy eating, injury prevention, living with disabilities and mental health

Centre for Disease Control and Prevention

www.cdc.gov/aging

- Healthy aging for older adults
- Click on health information for older adults, then health related behavior to find plenty of information on physical activity, nutrition and tobacco cessation

Canadian Senior Years

<http://www.senioryears.com>

- Link to Saskatchewan
- Senior talk- classifieds, chat, email pals, single seniors, games, columns, fun horoscopes, jokes, lotteries, recipes, talent and movie reviews, links to other websites and more!

Eldernet

www.eldernet.com

- Click on health in the picture to find links to numerous websites for healthy living, medical care, alternative medicine, information about specific illnesses and more!

Health Canada - The Division of Aging and Seniors

<http://www.hc-sc.gc.ca/hl-vs/seniors-aines/index-eng.php>

- Calendar of monthly events of importance to older adults
- Access to a number of publications related to chronic diseases, caring for seniors, general information, healthy aging, injury prevention, and more!

Health Hints

<http://www.grandtimes.com/health.html>

- A number of useful articles on a variety of health topics

Healthline Online

<http://www.health.gov.sk.ca/healthline-online>

- Information on various health topics from A to Z
- Interactive tools to assess your own health status

Internet Portal for Boomers, 50+ and Seniors

<http://en.50plus.com/>

- Lots of information on health, travel, lifestyle, relationships, employment, retirement living, entertainment, discounts and forums
- Up to date issues and news affecting older adults today
- Register to receive newsletters
- Click on track your fitness online to find links to numerous fitness websites that allow you to track your daily physical activity- find the one that is right for you!

Lifestyle Information Network

<http://www.lin.ca>

- National recreation database with links to articles, books, programs and services
- Click on “recreation database” then choose a population (older adults) and the category you would like information about

Mayo Clinic

<http://www.mayoclinic.com/>

- Click on healthy living to find list including fitness, food & nutrition, healthy recipes, quit smoking, senior health and more

National Institute of Health

<http://nihseniorhealth.gov/>

- Health topics, exercise, falls and older adults

National Institute on Aging

<http://www.nia.nih.gov/>

- Numerous publications available – click on publications

Saskatchewan Health

<http://www.health.gov.sk.ca/seniors>

- Alcohol and drug services, continuing care, Saskatchewan drug plan, eligibility for health benefits and emergency services
- Find a doctor, healthline, healthline online, mental health services
- Nutrition and exercise, prevention of diseases and illnesses and immunization
- Saskatchewan Seniors' Gold Plan, Senior's Chat Columns, Seniors drug plan and health information
- Services for people with disabilities
- Smoking and your health

Saskatoon Health Region

<http://www.saskatoonhealthregion.ca>

- Directory from A to Z- Types of programs and services are provided and how to access them, as well as news and updates for the region

Seniors Canada Online

<http://www.seniors.gc.ca>

- A to Z index of information listed by subject.
- Listing of provincial programs and services

Spectrum Nasco- Senior Activities

Phone: 1 (800) 668-0600

<http://www.enasco.com/senioractivities>

- Order catalogues online for senior activities
- Numerous products including Alzheimer's, arts & crafts, computers, cooking, cross creek, drama & humor, DVDs/videos, equipment, exercise, games, kits & carts, large print puzzles, mental stimulation & trivia, mobiles, music, nature & gardening, puzzles, reminiscence, resources, sensory and spiritual.

Today's Senior

<http://www.todaysseniors.com>

- Click on health and fitness

The Senior Newspaper

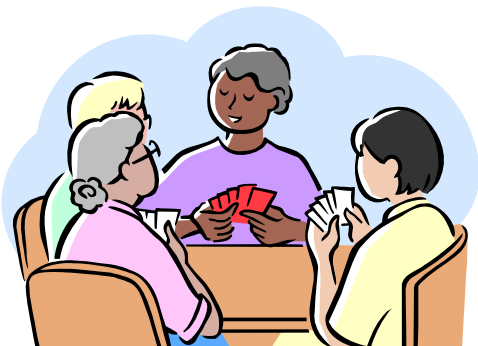
<http://www.sasksenior.com/>

- Subscribe to the Senior paper that provides letters from the public on a wide range of topics, recipes, poetry and old song lyrics, feature columns, jokes, puzzles, Canadian history and culture, commentary on issues facing seniors today, positive stories, great tips from gardens to home and healthcare, contests and more!
- Access to the online store for numerous products useful for older adults.

Women's Mid-life Health Centre of Saskatchewan

<http://www.menopausecentre.org>

- Women can explore available options and make choices for their own well-being, with access to the library, educational forums, and team of healthcare consultants and multidisciplinary professionals.
- Offers information about exercise programs, dietary information, medical suggestions, sexuality counseling and mental well-being.
- More information on services, health issues, frequently asked questions, events, book list, newsletters, life tips, links to other websites, and contact information.



Other Resources

Computers

- Older adults are the fastest growing group of computer buyers and internet users.
- Just as you might not know exactly how your car works to drive it, you don't have to understand your computer to use it.
- One of the best ways to learn how to use a computer is to talk to someone you know who already uses a computer (a neighbor, friend, or relative).
- You might be surprised at how quickly you can learn!



Useful definitions:

- **Internet-** Large computer network through which individual computers are connected to internet service providers (companies who provide internet service) so they can share information.
- **Web pages-** Information is presented on web pages that contain images, text and sometimes sound.
- **Links-** Underlined words or titles on websites that you can click on to visit other pages.

How to increase text size on the computer so it is easier to see:

Netscape

To increase the type size in Netscape:

1. Select View in the menu bar.
2. Select Increase Font.
3. Notice that the text size has increased.
4. To increase the type further, continue selecting Increase Font.

Internet Explorer

To increase the type size in Internet Explorer:

1. Select View in the menu bar.
2. Select Text Size.
3. From there, select Larger or Largest until the desired text size has been reached.



Community Access Program

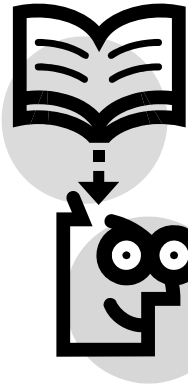
Phone: 1 (800) 575 – 9200 for a listing of sites available in Saskatchewan

1 (800) 667 – 2623 for a listing of youth interns available

Website: <http://www.ic.gc.ca/eic/site/cap-pac.nsf/eng/home>

Industry Canada's Community Access Program (CAP) gives thousands of Canadians affordable access to the Internet in places like schools, community centers and libraries. It provides access to those people who might not have computers or Internet access in their homes or workplaces.

- At some sites there is a staff person or youth intern available to help teach you how to use the computer (program closed from April – September)
- Visit the website above for a listing of Saskatchewan sites and click on “Find a CAP site” on the left hand side of the page to find an alphabetical listing of sites.



Saskatchewan Libraries website

<http://www.lib.sk.ca>

- How to access resources (books, magazines, journals, dictionaries).
- Links to other websites and “ask a librarian” feature.

SeniorNet

<http://www.seniornet.org>

- Free internet and computer tutorials

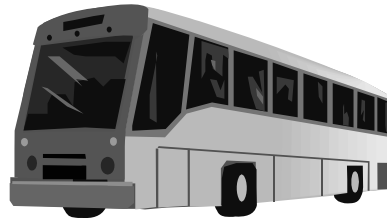
Transportation Discounts

Saskatchewan Transit Company

Phone: 1 (800) 663-7181

Website: <http://www.stcbus.com>

- Offers significant discounts for older adults.
- If you need to travel to get to a physical activity or healthy eating program, this is a great way to save money.



Grants

Canadian Mortgage and Housing Corporation

Phone: (306) 933-6292 or 1 (800) 667-7567

Website: <http://www.cmhc-schl.gc.ca>

- Under browse by topic click on programs and financial assistance.
- The Home Adaptations for seniors' Independence Program helps homeowners and landlords pay for home adaptations such as handrails, easy to reach work and storage areas, lever handles on doors, walk in showers and bathtubs with grab bars or seats that will allow seniors to stay longer in their own homes.
- The Emergency Repair Program assists homeowners or occupants in rural areas to make emergency repairs required for the continued safe occupancy of their houses.

New Horizons for Seniors Program

Phone: 1 (800) 277-9914 (select "0" to speak with an agent)

- **Website:**

http://www.hrsdc.gc.ca/eng/community_partnerships/seniors/index.shtm
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- Funds a wide range of non-profit activities that are led by seniors, such as volunteering, outreach, mentoring and teaching.
- Funds costs that are directly related to project activities such as materials, supplies, equipment, and more.
- Ask about capital assistance funding to help non-profit organizations that need to upgrade their facilities or equipment for existing seniors' programs.



Saskatchewan Lottery Community Grants Program

Phone: 1 (888) 780-9344 or 1 (306) 780-9344

- Gets people involved in sport, culture and recreation activities.
- Community programs funded range from summer camps for youth to aerobics programs for older adults.

We hope you will find the resources listed in this guide helpful!
Remember that you can call any of the numbers listed for more information, or if you have any questions about the services they provide.

🌱 Active aging is good for everybody, regardless of mental or physical ability 🌱

